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"Thy Path Shall Be Made Plain"

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Monthly Thoughts

BY CHARLES FILLMORE

To be Used from January 1 to January 31

Illumination: The light of the new day is dawning in my consciousness, and I walk serene and sure.

Prosperity: My mind is opened anew to the splendors of God's kingdom, and a flood of rich substance now pours itself into my affairs.

Healing: The vitalizing, renewing energy of God floods my mind and body, and I am healed.

For instructions about these thoughts turn to page 48

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Man's True Authority

from the writings of

CHARLES FILLMORE

BINDING

And it came to pass, when Jesus had finished these words, the multitudes were astonished at his teaching: for he taught them as one having authority, and not as their scribes.

THERE IS A TRADITION that in the building of Solomon's Temple, the workmen had delivered to them from the quarry a finely carved stone for which no place was found. It was laid aside and forgotten. Finally, at the completion of the Temple, it was discovered that a stone was lacking. Some of the workmen remembered this stone which had seemed useless, and when it was taken from the rubbish it was found to be the very capstone.

This story is used to illustrate some neglected, but important power in man. We find we are putting aside something needful in the development of the spiritual man, and that is dominion, authority. It

has been submerged in man's consciousness by the great bustle going on around him, and he knows but little about it in its relation to spiritual powers. Dominion has been placed on the outside of man, and he is not aware of the force and power of the dominion that is his in his inner mind.

"And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the birds of the heavens, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth."

Power and dominion over every thought and feeling is given unto man by Spirit. Our prayers, affirmations and aspirations should all be pervaded by power and authority. Prayer is something more than supplication. It is an affirmation of Truth, which eternally exists but has not yet come into consciousness. It comes into consciousness by affirmation.

As individuals, we are living under limitations of many kinds. We are dominated by our ancestors, and are constantly deferring to their opinions. We speak of this or that trait as having been inherited, and give our forefathers authority, thinking that what they had we must have. Again, we are under parental authority, and are taught that we should obey the fleshly paternity regardless of its ignorance. As parents we consider it our privilege to dictate to and domineer over our children. We feel that we must exercise our authority. This is bondage, slavery. The true family relation is based on a recognition of equal rights.

Then we are under the authority of government.

The legislature is constantly making laws that dominate us. We are also bound by religious teachings, the authority of the saints, the Bible, and traditions. Again, men talk about being free and boast about living in a free country, while all the time they are in bondage to appetite and passion.

Why not be free? Jesus was not an educated man, yet He associated with the cultivated, the rich and the poor. He must have reached a point in naturalness where the divine natural taught Him manners.

In wireless telegraphy there is frequently great confusion because of many stations sending out messages into the ether at the same time. The same conflict and confusion is in the thought atmosphere of the race. All are sending out messages, and in the confusion man has lost the ability to receive from the Spirit. In our ignorance we are dominating and confusing one another, and laying down this law and that, and saying that this rule of action or that shall prevail.

Jesus called, "Come unto me, all ye that labor and are heavy laden, and I will give you rest. All who are in bondage to outside authority, all who are bound hand and foot by man-made law, come; enter into the Christ consciousness and be free. This is easy, because the place of mental and spiritual thought-action has been fixed, and we enter into it as we would into a house that has been built for us. Say, *"I have mastery over every thought and feeling."* This is the starting place. You enter in by your word of acknowledgment. To all who enter into this place Christ gives power—power to heal

the sick, power to cast out devils.

The devils are in ourselves. They are fear, anger, jealousy, and other like traits. We have power and authority to cast these out. As you speak your word they may tear you, and ask you by what authority, but they know our God-given dominion, and will soon acknowledge it and come out.

Where shall we find freedom? "Ye shall know the Truth, and the Truth shall make you free." "If therefore the Son shall make you free, ye shall be free indeed." All that we do must be done in the name of Jesus Christ. Then we are free. The name of Jesus Christ carries with it a consciousness of power and dominion. The place of mastery is in the mind, and he who would be master must enter into that place, and work from it to the external.

We are environed on every side by conditions that exercise dominion over us until we rise in our might and take the mastery over them. Men say, "How can I exercise the dominion that is mine? How shall I do away with the law? If I transgress the law, I have to suffer the penalty." There is a way out. It is to be so righteous that you will never transgress the law, spiritual or temporal.

Personal power is force; divine authority is love. Speak your words in love. Do not even dominate your own thoughts with the idea of coercing them, but realize that in Christ every thought is brought into harmony with the divine law. Declare the one power. There is no power in sin or disease. All these things are as nothing to one who is centered in the dominion and authority of Spirit.

Creation is twofold, God's creation, man's crea-

tion. God's creation is in Spirit, in the ideal. Man takes divine ideas and makes them the foundation of his creation. He makes form, shape, environment. He does this through thought and word. This being true, and observation proves it true, either physically or mentally considered, man should enter into the law of creation in all its details.

In our study of Being we strive to marshal all the forces of thought into consciousness, and straighten them out. We strive to "make straight the way of the Lord." The creative power of Divine Mind enters into man's work when he makes his mind receptive thereto. When the mind is in turmoil through wrong thinking, it cannot perfectly receive and express the idea of Divine Mind. In the present development, it is necessary to take up all questions and put them in right relation.

In the six days' creation of Genesis we read that Divine Mind thought out the whole creative plan, and set man in authority. Man is the acme of divine idealism; he should exercise his dominion, and enter into complete mastery over everything.

Are you master of all things? If not, why not? Go into the different avenues of your environment and see if you are master. If not, you are not exercising your prerogative. You must be master to be happy, because dominion is yours under the creative law. Just to the extent that you give up to external things do you lose your dominion.

We should direct all the forces that enter into our lives. We give up to many external conditions, when a little analysis and understanding of them would set us free. Jesus laid the foundation of His

church, a spiritual consciousness, which is now ours, on faith. He took Peter as a type of that foundation. He said to him, "Thou art Peter, and upon this rock I will build my church." By faith we build, and bind or loose whatsoever we will. Applied to creative power, we find that faith has power to bind or loose environment. Yet to your faith add understanding. Faith and understanding should co-operate in the well-balanced mind.

We are just now entering into what men call the new year, and those who are in the intellectual concept of time take it for granted that years have power. So man becomes subject to time. It is surprising to know to what extent men have given up to the idea of the power of time. They believe their bodies grow old with the passing of the years. Have years power over man? If so, where does that power lie? None of the wise ones in either material or spiritual science have made any such claim. Man has given up to a mere belief in time. We read about three score years and ten as a limit to man's life, but the Scriptures put a negative on this again and again. Adam lived 930 years; Methuselah 969 years, and Noah 950 years. That does away with the three-score-and-ten standard. Why do men not now live to such great age? Because they have not the grasp on the life-idea that they once had.

People who understand the power of mind to create conditions, should use that power to absolutely wipe out of consciousness all belief of years. In Revelation we read that the angel said that time should be no more. When he made this proclamation, he stood with one foot on the sea and one on

the land. The feet represent the negative pole of understanding, or the understanding of material conditions. The angel of the Lord, the free, full expression of God-Mind in man, declares his understanding and sets free from the idea of time, the earth or formed realm and the sea or unformed realm of thought. When man gets into the understanding of the Absolute, he takes his freedom from all bondage of time, and declares that time shall no more enter into the substance of his mind or body or affairs.

So let us be free from bondage to the belief in time. Let us believe in the fullness of the now. Now is the time to rejoice in the abundance of good. Do not look back. Remember Lot's wife. If you look back to the joys of the past, you will soon be recalling its sorrows also. It is not safe to look back at all. When you dwell on the past, you are working on a false foundation. There is no past. There is no future. All is *now.*

You cannot comprehend eternity. You will only get dizzy in trying. When the intellect tries to grasp the idea of endless years, it gets beyond its depth. The disciples of Jesus asked Him when the kingdom of God should come, and He said to them, "But of that day or that hour knoweth no one, not even the angels in heaven, neither the Son, but the Father." All we have to do is to watch and pray. We have all we can do to take care of the now. Do not spend any time looking for a day of judgment. The day of judgment is every day and every moment. Watch *now.* Pray *now.* It is our blessed privilege to enter now and here into the consciousness of all that

God is. The inspiration of the Spirit was not all used up in the past. God's presence was not manifest merely in the old dispensation. His power is pouring out upon us more and more. Acknowledge it in all ways. Enter into the I AM consciousness. God sends His light down into the darkness of the Egypt consciousness at all times. The account given in the Scriptures does not belong wholly to the Mosaic dispensation. Spirit is now going down into your consciousness and setting you free from all bondage to material conditions. If you wish to escape the bondage of time, make this your daily affirmation: *"I have mastery over every thought and feeling. All authority is mine through the Christ in me."*

WAIT BEFORE WRITING

During the latter part of the Christmas season, the handling, transportation, and delivery of mail may be slower than usual. Please allow plenty of time for your Unity literature orders and periodicals that you regularly receive to reach you during this rush period. Even though the Christmas mail congestion lasts into January, practically no mail is lost. But delays do occur, so will you help us by waiting patiently for your literature to arrive? Thank you.

The Climate of Tranquillity

R. H. GRENVILLE

IN THE NATURAL world much depends upon climate. The great shaggy cattle of Central Asia, the yaks, cannot survive except in high altitudes. The delicate orchid of the tropic needs hothouse care to live in our temperate zone, while the saguaro cactus thrives only in the desert. Man, too, has his climate in which he must live to be happy—the climate of tranquillity, which is peace of mind.

Mark Twain remarks that everyone complains about the weather, but no one does anything about it. Our mental climate comes in for a good deal of discussion, too. But if it is stormy and unsettled, we can do something about it by remembering the words of Isaiah and acting upon them. "Thou wilt keep *him* in perfect peace, *whose* mind *is* stayed *on thee;* because he trusteth in thee."

A young man once made a list of what he considered the good things of life. In it he included riches, power, health, beauty, and love.

A wise elder to whom he showed the list admitted that the list was very good as far as it went, but he claimed that the young man left out the most important thing of all—peace of mind. Without peace of mind, he told the young seeker of happiness, all things are dust and ashes. This made such a profound impression on the young man that he made peace of mind one of his main objectives, and he not only found it but helped others to find it also.

Why should peace of mind be so rare, especially among those most blessed with worldly goods? For those who lack them, health, love, and prosperity seem to constitute all earthly bliss. Yet we constantly encounter persons who are rich, healthy, and loved but still far from happy. Is it because, as some persons believe, no one can be completely happy in this world? Or is it because the law of compensation works negatively as well as positively and subtracts some good from us for every good it adds?

No, most emphatically no! Happiness is not only possible, it is inevitable if we live aright.

"Thou wilt keep *him* in perfect peace, *whose* mind *is* stayed *on thee;* because he trusteth in thee." Reflect on these words and ask yourself if this is not the key to serenity of mind and heart. If you are concerned about someone who lacks peace of mind, or if you lack it yourself, you will most likely discover that he, or you, are trying to shoulder too heavy or too many burdens.

A sense of responsibility, while essential, must always be kept in good balance. We are responsible for only some things and never for anything that is beyond our authority. Balance is the art of being poised, or centered, and there is only one true center for any individual or situation—God.

God is not remote. He is so near that we can neither draw breath nor lift a hand without Him. Consider these wonderful words of Jesus concerning sparrows: "Are not two sparrows sold for a penny? and not one of them shall fall on the ground without your Father." This has always been taken to mean "without your Father knowing, or noticing,"

but this is not what Jesus' words imply. The implication is that if the sparrows fall God falls with them, because His is the life and substance of their tiny bodies and the all pervading Spirit of even the humblest things.

So the first step toward peace of mind is to know that God is "very nigh unto thee" and that He cares. The second step is to realize what the first implies—that we are born into a wonderful partnership with the Author of our being. We are not made or meant to stand alone. God intends for us to share our burdens with Him and to draw from His strength and to accept His counsel. The third step is to realize the second truth sufficiently to act upon it.

It does not matter what you are, where you are, what your color or your position. What you are doing interests God because He lives in you. You may be steering the course of a great nation or cooking a wholesome meal for your family, but God is doing it with you.

Why do you sit with your head in your hands, your nerves tense, your mind a turmoil of anxiety. Mr. Statesman? Because you move in a welter of conflicting situations and want so earnestly to understand and to solve the problems of mankind? God is with you. Christ is with you, but not with His head in His hands, not with taut nerves and an anxious heart. He is patiently waiting for you to surrender this crushing burden to One who knows the hearts of men as no other statesman does. One of whom Isaiah said, "And the government shall be upon his shoulder."

Why are you cross and weary, frustrated and un-

happy, Mrs. Housewife? Because the children are fractious, the cake will not rise, and your husband has phoned to say that he is bringing a client home to dinner? Your mind is busy hopping from one problem to another, gathering more and more resentment and self-pity. Your mind and your kingdom are both in a turmoil.

The thing for you to do is to abdicate. Go somewhere that is quiet. Lock yourself in the broom closet if need be, but go off by yourself long enough to regain your perspective.

Say to yourself firmly and slowly: "I am not alone in this. God is with me. He is parent to the children even more than I am. He created the universe and so understands my problem with the cake. He is all-wise and all-powerful and so will help me handle an unexpected guest." Repeat this until you feel it. Try to realize that all this responsibility is a shared thing between you and God and that God wants the bigger share. God will handle the children, salvage the cake, and welcome the guest. God and you—you and God: a partnership!

A woman who really had these problems and handled them in the foregoing manner achieved heartening results. After a momentary abdication from her own anxious thinking, she returned to find the children still quarreling. But she realized that they did so because they were bored with their games and with each other. She suggested that they help her get things ready for the unexpected guest, and their response was immediate. The older child went to the corner store with a shopping list of items for a simple but tasty meal. The younger child,

perched on a kitchen stool and enveloped in one of his mother's aprons, happily peeled vegetables while his mother tidied the living room. On second glance she discovered that the cake was not such a failure as she had thought. It would make excellent strawberry shortcake. Everything looked different and was different; but the only thing that had really changed was the woman's point of view.

"IN GOD WE TRUST" is inscribed on the coinage of the United States. Let us inscribe it also upon our hearts, that we may be rich in the greatest of all wealth—peace of mind.

"Think on These Things"

Hazel Thomas Wright

This is a day the Lord hath made! Shall we
Be blind to all its beauty and not see
God manifest in every lovely thing?
The opalescent dawn! A bird on wing
That lifts its pinions to an azure sky
In joyous greeting to the sun on high!
Oh, let us pause awhile each busy day
To think upon these things, to let a ray
Of blessed sunshine warm our hearts, to be
Aware of all the loveliness we see;
And, like the bird that soars into the blue,
Quite suddenly our hearts are lifted, too!

The Kingdom of Heaven

VAN SCOTEN

DO YOU WISH you could live in a kingdom of all-good—a kingdom of peace, harmony, and contentment—a kingdom of perfect, radiant health and abundant supply?

You think, "Oh, wouldn't it be wonderful to live in a place where there is no more sorrow, pain, or disease, poverty or limitation, and nothing to fear or worry about?" You may say, "Oh, what I'd give to find such a place!"

If you have been searching long for this perfect place of peace, search no farther; waste no more time, for this place you seek is within you. Jesus said, "The kingdom of God is within you."

Jesus was telling us the truth when He said "the kingdom of God" is within us. And He knew where this kingdom was, because He lived in it continually. He knew the Father; He acknowledged oneness with the Father. He said, "I and the Father are one."

In the 13th chapter of Matthew, Jesus gives many parables to explain the nature of heaven. So that the multitudes to which He spoke might understand, He likened the kingdom of heaven to commonplace things, such as a mustard seed and leaven, to explain that the kingdom of heaven is a state of consciousness within man and not a place that can be located geographically. Never once did He locate the kingdom of heaven in any faraway place, either in this material world or in the sky above.

He said the kingdom of heaven is within each of us; therefore, it must be a state of mind and in the realm of divine ideas. He also said that "the kingdom of heaven is at hand." Therefore, He must have meant for us to seek it now instead of at some future time.

Jesus explained how the kingdom of heaven would develop and grow within us—how only a small seed-idea of Truth, held in mind, would grow until the entire consciousness is filled with light and illumination. How the kingdom of heaven can only be gained by those who give up the material world and look to the kingdom of all good within was explained by Him. Jesus also told His followers how one must sell all, give up all for the "pearl of great price"; He explained how only Truth must prevail and how all that is negative must be cast off.

Charles Fillmore gives a good definition of the kingdom of heaven in his book *Keep a True Lent.* "Heaven is everywhere present. It is the orderly, lawful adjustment of God's kingdom in man's mind, body, and affairs; it is the Christ consciousness, the realm of divine ideas, a state of consciousness in harmony with the thoughts of God. Heaven is within every one of us; a place, a conscious sphere of mind, having all the attractions described or imagined as belonging to heaven."

Since heaven is a state of consciousness, a condition of the mind, we must study our minds to determine what kind of thoughts we are holding. We can create our own heaven or hell on earth by our thoughts. If we think of health, then we will live in a heaven of health and well-being. But if we think

of sickness, we will live in a hell of pain and disease. We can live in a heaven of abundance or in a hell of poverty and want.

I know a woman who lived in hate with members of her family. She made her own life and the lives of those about her miserable. She lived in a consciousness of hatred, fighting, and criticizing. A nothing-was-ever-right consciousness was her attitude. She finally was introduced to Truth by a friend, and she set about changing the thought condition of her mind. She now lives in love and peace. Everything in her life changed into a perfect heaven. With an attitude of love her health improved and her affairs prospered. Even those she had hated and from whom she had never before received any money now gave her money and opened up opportunities for her to earn more.

You may ask: "How can I stop thinking of hate when everyone around me is so hateful? How can I stop thinking of sickness when I still have that pain in my body, when my head is always aching? How can I stop thinking of poverty when my pocketbook is empty and I have bills to pay?"

You must know the Truth, and there is only one way to know it. That is the God way. You must think only Godlike thoughts of health, wholeness, and abundance instead of thoughts about pain and sickness and poverty. Every time you think of poverty turn your attention to God's abundance immediately. Every time you feel an old pain say to yourself some affirmation of Truth, even if it is only just the one word "God" or "God is life," or "God is love." You must think about God, All-

Good. Know that God is the one and only presence and power in your life. Soon that pain will respond to the healing power of God-life, for nothing can resist God's power for long, God is all power; a negative condition has no power.

Perhaps it is hard for one living in the earth-consciousness to change his thought to see only God, the good. But you must know the Truth and live in the God-consciousness of heaven. When you have absolutely nothing to do with the negative condition and think only God-health, God-abundance, regardless of appearances you will be living in the kingdom of heaven—the Christ consciousness of perfect, harmonious thoughts.

If you would create the kingdom of God within you, you must center your thoughts upon God. When you do you enter that realm of infinite perfection where only the real and true exist. You realize and know with a perfect knowing that God is the only presence. You acknowledge only this one presence in your life and affairs. The beauty and the joy and the love of God are yours, and you dwell in the perfect realization of absolute Truth. You are one with God. And like Jesus you too can say, "I and the Father are one."

One cannot enter the kingdom of God or heaven if he tries to take with him all his troubles, aches, pains, and inharmonies. These he must leave behind him. When he enters the kingdom he comes into the very presence of God. Surely he cannot stand before God holding in his heart thoughts of hate, fear, disease, pain, death, and poverty. These he must give up. He must cleanse his mind of negative thoughts.

Paul said, "Be ye transformed by the renewing of your mind, that ye may prove what is the good and acceptable and perfect will of God." To be transformed means to be renewed, born anew in mind—to have that mind in us which was also in Christ Jesus. Jesus came to save all of us from our sins and burdens. Cast your burdens upon Him and go free.

Faith is the key that opens the way into the kingdom of heaven. "Thy faith [in God] hath made thee whole; go in peace." Your faith must be firmly established in the kingdom of God, (the God-consciousness where only Godlike thoughts dwell). If you allow your faith to wander from good thoughts to error thoughts (from health to sickness, from abundance to poverty, from love to hate) you will be living an in-and-out-of-heaven consciousness. One minute you will be in heaven, thinking good thoughts, and the next minute you will be in hell, thinking error thoughts of pain, sickness, poverty, old age, and death. You think error and reap error. No one can ever be very happy living in such a wavering, unstable state of consciousness. Your faith must be steadfast, fixed on God, the good, if you want results of good in your life. The more you use your faith in the kingdom of heaven—that kingdom of all good—the easier will it become for you to demonstrate your faith. Every time you think of health instead of sickness you are strengthening your faith in God as your perfect health.

God is our Father, and we are heirs to all the perfect ideas of the Father. Jesus said, "All things whatsoever the Father hath are mine." We too can say these words, knowing full well that all the Fa-

ther's unfailing, inexhaustible supply is always ready for our use—waiting for us to claim it. As heirs of God, begotten of the Father and made in His image and likeness, we too can claim to be all that God is —to be one with God, to be the same as God. The same Godlike qualities of life, love, wisdom, and power are potentials within each one of His children. It is for each one of us to claim them and to call them forth as our divine inheritance.

We know we are perfect, as God is perfect. There is that divine God-self within us that tells us this is true. "The Spirit himself beareth witness with our spirit, that we are children of God: and if children, then heirs; heirs of God, and joint-heirs with Christ."

"The kingdom of heaven is the orderly adjustment of divine ideas in man's mind and body." God has given man the right or freedom of choice. He may use divine ideas any way he desires. But when he does not use these God-given ideas in the right way, he brings about inharmony in his life. He must keep his mind centered and focused on God or good so that the infinite wisdom of God will illumine his mind and enable him to use divine ideas in a perfect orderly way. Affirm: *I will that the will of God be done in me. I seek to know the orderly adjustment of divine ideas in my mind, body, and affairs.* Seek divine ideas. Learn how to use them in a right, wise, and loving way, for your own good and as a blessing for all humanity.

Jesus said, "Seek ye first his kingdom, and his righteousness; and all these things shall be added unto you." Do not strive to demonstrate material things

in your life. You will never find complete or lasting satisfaction in outer things, because they are not lasting. Then, too, your desires for material things change as you change and grow until you will find complete satisfaction only in seeking God and His spiritual ideas of all good. These ideas are the cause and foundation builders of all materials things, for "what is seen hath not been made out of things which appear."

If you want the good in your life you must seek the good. Seek God; seek the kingdom of heaven within you. God is the source, the fountainhead of all good. The good you seek can come from no other source. God is Spirit-mind—the source and inexhaustible supply of divine ideas. God gives to you, not material things, but ideas that you can use to bring forth the good you desire.

We read in I Corinthians 6:9 "that the unrighteous shall not inherit the kingdom of God." We cannot know God if we harbor in our hearts and minds any unrighteous, unholy, unclean, or negative thoughts. Sin and evil thinking will bar us from the kingdom of heaven. To sin is "to miss the mark" of our high calling as perfect children of the Most High. To sin is to transgress the law of God. We sin every time we think a negative thought of hate or criticism, because we are not thinking pure, holy thoughts of God-love.

Jesus said, "It is hard for a rich man to enter into the kingdom of heaven." A rich man carries a heavy burden of earthly possessions. His love of self and possessions may keep him out of the kingdom of heaven. It is not his money that is "the root of all

kinds of evil," but his love of money and possessions. He may love and think more of them than he does of God.

In Mark 10:21, Jesus tells a rich young man to sell his possessions and give to the poor; then he will find treasures (spiritual ideas) in heaven.

Man's true prosperity is in the form of spiritual ideas. One who dwells in the kingdom of heaven can tap the source of true ideas for all the good (prosperity) he desires. He need not become burdened with material possessions. He can pray "give us this day our daily bread" (supply of spiritual ideas), and he knows that his every need in the physical world will be met day by day. He will have plenty, "good measure, pressed down, shaken together, running over."

When you go within your own innermost self, that Christ of God center, and touch the very presence of God in the kingdom of heaven within you, you will feel a spiritual quickening within your heart. You will know with a perfect knowing that you have touched the very presence of God. You will know that God is life; therefore, you are life, perfect health, and wholeness. You will know that God is love; therefore, you are loving and kind. You will become so filled with the quickening power of Spirit that, like Jesus, you can say, "I and the Father are one." Your whole being will merge into complete and perfect oneness with the Father.

Jesus said, "Except ye turn, and become as little children, ye shall in no wise enter into the kingdom of heaven." A little child is simple hearted, trusting, and full of faith. It is easy to teach a child, for his

mind is not filled with false beliefs and hardened thoughts. His mind is open and receptive to Truth, and he is willing and ready to learn.

To enter the kingdom of heaven we must become "as little children." We must cleanse our hearts and minds of all false and negative thoughts. We must have faith, the faith of a child, with the purity and perfection of all that is good. In faith lay hold of this good, expect it, acknowledge it. Give thanks that it is yours.

Jesus said, "The kingdom of heaven is at hand." This means that we can have our good, all that we desire, now. We do not have to wait until some future time or life for it. God is ever seeking to express through us more of Himself, more of His perfect ideas of life, love, wisdom, power, and all good. It is we who shut the good out of our lives by our own unreadiness and unwillingness to accept what the Father has prepared for us.

Enter the kingdom of heaven where the Father awaits you. Affirm: *I am open and receptive to receive my good, for the kingdom of God, All-Good, is now at hand.*

"I praise and give thanks in the name of Jesus Christ that God is now pouring out His abundant good upon me."

What is remote and difficult of success we are apt to overrate; what is really best for us lies always within our reach, though often overlooked.

—LONGFELLOW

Good or Evil—
Take Your Choice

WORRAL G. SONASTINE

HOW UTTERLY SIMPLE is the Truth that makes men free, and yet how difficult it is for the human mind to accept. *"God is all, and all is good."* This statement contains the ultimate of Truth. If you can accept it, believe it, and act upon it, you will possess the key to the kingdom of heaven.

Those who are unfamiliar with Truth often ask; "How can you say that God is all, and all is good when there is so much evidence to the contrary? It is plain to see that the world is full of evil. You can find it at every turn."

Judging from appearances, it would seem that there is a great amount of evil in the world about us. Disease, discord, and destruction seem to be everywhere present. These things are too obvious to brush aside without a sound and reasonable explanation. There is such an explanation, however, and to understand it should be the goal of every man, woman, and child in the world.

In the first place, it should be understood that to recognize Truth and live by it is not an attempt to run away from reality. On the contrary, it is the way, the only way, to face reality. When Columbus sailed westward in 1492, he was not running away from a flat earth. There was no flat earth to run away from. Columbus was accepting the truth that the earth is round and acting upon that truth. Millions

of persons would have told him, and many did tell him, that he was mad for thinking the earth was round. After all, could they not see with their own eyes that it was flat? Had they not been walking around on it all their lives? Neither Christopher Columbus nor Galileo nor any of the other advanced thinkers could tell these persons that the earth is round. They knew differently.

When my sister was small she had a great fondness for animal crackers. There were two kinds of crackers, however, that she would never eat—"lions" and "tigers." Somehow or other she had developed a fear of lions and tigers, probably from her picture books. She would eat "zebras," "giraffes," "elephants," and the like, but not lions and tigers. "They are bad," she would always say, "and I'm afraid of them."

These lion and tiger crackers were just as good as the others, made of the same sweet-tasting substance, but little Joyce judged them from their appearance. She looked at something good, something she really liked, yet judged it by its outward appearance, and called it bad. Because of her false belief, she was deprived of the pleasure of eating those good crackers.

This is precisely how we bring evil into the world about us. We look upon something of which the basic elements are good, judge from its appearance, and then call it evil. By fearing this self-created evil we give it the power to harm us. We permit it to deprive us of peace and happiness. And all the time the thing we call evil is composed of the Spirit of God. It is essentially good, for God is everywhere.

This is the Truth we must know if we are to become free of material bondage.

"Just how," you may ask, "can this knowing the truth about God's allness help me in a practical way? Your sister could have eaten her tigers and lions had she known the truth about them, but my problems are not animal crackers. The evils that torture me are very real. What good would it do for me to believe that God is present in poverty, discord, destruction, and death?"

It should be remembered that the evil conditions around us would never have existed in the first place had we known that God is everywhere present. We brought these things into being when we believed that there was something other than God. God was there then, and He still is here in all His perfection; but we look upon certain things and say of them: "They are evil. They will harm us. Let us fear them and hate them and fight them." Even a nonentity can harm those who believe it has the power to harm them. They give it power through their own belief in it.

Since it is obvious that to believe in the reality of evil brings it into existence, is it not logical to assume that to believe that it is not real will take it out of existence? In the truest sense of the word, of course, there is no evil to take out of existence. There never was such an element as evil. There never has been another substance or power or being than God. "Jehovah he is God; there is none else besides him." This is the eternal Truth. We do not have to believe it to make it so. It is so whether we believe it or not. It has always been so, even though we have

believed otherwise. We must know this and act as though it is true. We must bless the presence of God in all things, especially where evil appears to be. If we do this faithfully, sooner or later every appearance of evil will vanish from our lives.

Let us stop to think for a moment just how foolish some of our false beliefs really are. One person believes that a draft of air is bad for him; another says that he loves the gentle breeze, but wet feet give him a cold. Many other persons are not afraid of either of these things, but they do not dare eat strawberries. Bad for their blood, they say. Mr. Brown claims that Friday the 13th is an evil day for him, but Mr. Jones says it is his lucky day. And so it goes on and on.

Here is where knowing the truth about God comes in. If He is all, then He is the only element involved in the movement of air (a draft). If He is good, then He would not use Himself in the movement of air to harm His beloved children. This same principle applies to strawberries, to Friday the 13th, to black cats, and to broken mirrors. God is the only substance and the only power in the universe. He is the only substance and the only power in the things to which we attribute evil. Why do these things seem to harm many persons? Simply because they are believed to be harmful by the persons involved. God, in His infinite love for us, even allows us to use His good substance and power to harm ourselves.

Have you ever noticed that certain things which are repulsive to some of us are often considered beautiful by others? A modern fable tells of a little mouse who, when he saw a bat flying overhead,

called happily to his mother. "Look, Mamma," he cried. "Look at the beautiful angel!"

Eventually we shall come to recognize the Father's presence in all things, and from then on only good will come to us. This process of recognizing God is no small matter in the life of man. It is, in fact, the most important thing in our lives. The moment we begin to look through evil appearances and to see God, even in the worst of them, at this moment does the old order of things begin to fade from our lives. To see God, to recognize Him, and to stand firm on the actuality of His omnipresence has a tremendous effect on our lives and affairs. It sets in motion irresistible forces of good, forces that move constantly to bring peace, power, and perfection into our lives. In the face of recognition evil appearances lose their power over us completely. "I will fear no evil; for thou art with me."

In this process of eliminating evil appearances through the recognition of God's presence, time is an unknown factor. Jesus assured us that no man knows the day or the hour when Spirit will come into manifestation. The outer changes may come soon, or they may come later, but come they will. Of this we may be sure. We must never let our faith concerning results waver. Anxiety produces tension and thereby thwarts our desires. A delay in the coming of manifestation may well be the most wonderful blessing we have ever known. God knows what He is doing, and the doing is His. If we are to trust Him, we must trust Him with the faith of Daniel and the patience of Job. The latter said,

"Behold, he will slay me . . .

Nevertheless I will maintain my ways before him."

There are no failures in Truth. There is only the inexorable fulfillment of God's divine plan. Nothing can escape it. Nothing is outside it. God is all, the only presence and the only power in the universe. There is none to resist Him and, therefore, none to cause failure. What appears to be failure in the eyes of man is just another step toward success in God's perfect plan.

And so it is in eternal Truth. *"God is all, and all is good."* There can be no evil in a God-filled universe. There is no one to originate it and no place for it to remain if it were originated. There has never been a power other than the power of God. This has always been the case, but we, in our ignorance of Truth, have believed otherwise. We have believed in the presence and the power of evil. We have put the label of evil on certain conditions and things. Our false judgment in this respect could not actually turn the Spirit of good into evil, but it has created illusions of evil that torment and torture us. Our erroneous beliefs have made evil seem so real that it is almost impossible for some of us to accept the truth that God is all. Accept it we must, though, if we are ever to be free from material bondage.

Let us stand firm, then, in the knowledge that God is all. Let us recognize no failures, but look upon that which appears to be failure as a stepping-stone leading to divine success. Let us remember that there is no delay in Spirit. What appears to be a delay can become a delight when it is identified as part of the Father's divine plan. Let us never waver in our faith that all is good, regardless of

appearances to the contrary. Let us recognize the perfection of God's universe now, and above all, let us recognize our own perfection in our oneness with Him. "Ye therefore shall be perfect, as your heavenly Father is perfect."

Cleansing and Purifying Statements

God is good, and God is all, therefore I refuse to believe in the reality of evil in any of its forms.

God is life, and God is all; therefore I refuse to believe in the reality of loss of life, or death.

God is power and strength, and God is all; therefore I refuse to believe in inefficiency and weakness.

I am in authority. I say to this thought, "Go, and he goeth; and to another, Come, and he cometh."

God is wisdom, and God is all! therefore I refuse to believe in ignorance.

God is spiritual substance, and God is all; therefore there is no reality in the limitations of matter.

God is inexhaustible resource, and God is all; therefore I refuse to believe in the reality of lack or poverty.

God is love, and God is all; therefore I refuse to believe in hate or revenge.

"He that is slow to anger is better than the mighty; and he that ruleth his spirit, than he that taketh a city."—CHARLES FILLMORE.

Meeting Today's Requirements

LILLIAN WRIGHT MITCHELL

IF WE ARE TO HAVE a perfect day, we have to meet all the requirements of it. Yesterday's requirements are past; we must concentrate on today's requirements.

If we are seeking freedom from adverse conditions, then our requirements must begin with true self-analysis. Our longing to be healed is not quite enough. We must go a step farther. And if we delay taking the step of self-analysis, then our longings fall into the category of wishful thinking.

It sometimes requires a firm determination to face the issues of conflict within ourselves. But when once we do we place ourselves upon the right path, we find that "as in water face *answereth* to face." We must turn our thoughts within and look squarely at ourselves until that which is reflected is clear and well defined.

We are not always able to handle today's situations so easily as we did those of yesterday. Today's requirements may be for greater self-sacrifice, greater endurance, or far more patience with loved ones. Yesterday's requirements may have called for other things. But all requirements, when fulfilled, bring the good we are seeking.

A conscious awareness of our true well-being and a refusal to accept any problem as insolvable must be maintained if we are to find freedom from limited beliefs or concepts of life.

To think health merely means to have a general healthy outlook on life at all times, to hold good thoughts toward everyone, to refrain from condemnation and criticism, to be considerate, and to forgive quickly. This is the healthy outlook, and it will outpicture itself in wholeness.

Our task is to find wherein we have fallen short of maintaining the healthy outlook. Then, as we begin to meet its requirements, a sense of well-being in ourselves and our affairs will follow. Nothing ever happens to us that cannot, in some measure, be changed. Let it be our requirement for today to see that our outlook is changed for the better.

The same rule applies to our finances. The solutions here are contained in our attitude toward life in general. There is plenty. The world is greatly blessed with a superabundance of all good things. It is the distribution that is unequal. To have a wealth consciousness does not mean that we should be thinking constantly of money. But it does mean to have plenty of good thoughts in our minds, to be lavish in giving of our love and service, and to be more than generous in our praise of others' accomplishments. It means to strew our paths abundantly with kindness wherever we go and, above all, to be free at all times from any sense of lack. It is a prosperous outlook that reaps the harvest and brings us the kingdom, which it is the Father's good pleasure to bestow. Nothing but fear can keep this kingdom away.

The person with the prosperous outlook never withholds, and in turn, nothing is ever withheld from him. Let us be spiritual spendthrifts in the service

of love. Such an attitude will repay us a thousandfold.

Every human being seeks happiness in one form or another, and within each person lies the ability to choose what he will of life. It is only through a limited concept that he reaps a limited harvest. His body and affairs are always receiving the imprint of his thoughts; therefore, it behooves him to think good of both.

We cannot expect others to meet our requirements for us. Help may be given to us in many ways, but there is much that we must do alone. The steps that have to be taken must come from a sincere desire within ourselves.

Let us frequently ask ourselves, "What is expected of me?" and be prepared to accept the requirements reflected by our own inner conscience. Let us meet our requirements by ceasing to strive after things having no spiritual value, if this is what we have been doing. Let us cease to condemn others if, in our self-analysis, there is evidence that we have done so. Let us forgive if we have not yet forgiven, and let us cease all arguments with those with whom we have quarrelled.

Let us remember with deep gratitude how our past releases came about. They came when we changed our attitudes about ourselves, did they not? When we removed the thorns from our flesh we untied our mental knots.

Health and prosperity are outer expressions of a healthy outlook on life. Let us be grateful for blessings received. Such gratitude is one phase of the prosperous outlook.

All of us long for a life that will be free from the little fears that keep cropping up and coloring all our decisions. Our ceasing to be fearful can be one of the requirements for healing now. Let us meet the challenge and have our perfect day.

When depressed and upset, let us try to be still for a moment and remember Paul's admonition to the Philippians: "Whatsoever things are of good report; if there be any virtue . . . think on these things." If there be but one virtue in our present condition, if anything lovely can come out of it, then let us think on this side of the question. It may be all that is required to bring about the change in our affairs. "Prove me now herewith, saith Jehovah of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough *to receive it.*"

Let us discard our uncertainties. A vacillating mind is a poor vessel to present to God. Steadfastness in our thinking may be just the thing needed for our progress.

Perhaps we can say with Job, "My stroke is heavier than my groaning." But even with all his groaning, Job never gave up seeking God. He was sorely troubled, but when he had met the requirements for his healing we are told, "Jehovah turned the captivity of Job, when he prayed for his friends: and Jehovah gave Job twice as much as he had before." Perhaps merely the praying for his friends was the needed requirement.

When we meet all the requirements for the solving of today's problems we cannot fail.

Let us, then, forgive our enemies quickly and

receive God's richest blessings. There is rejoicing in heaven over every forgiving thought. Let us sow the seeds of love and reap them richly. Love may be the requirement for our peace of mind today. Let us meet it now.

"The Lord Is My Shepherd"

I shall not want, for the Shepherd leads,
Directing the way to my daily needs.
I shall not want for God's highest good,
As my conscious at-one-ment is understood.
My soul is restored, for it is His will
That pastures be green and the waters still.
With the Shepherd near me I am unafraid,
And I fear no death nor the valley's shade.
His rod and staff they comfort me;
I give deep thanks for His ministry.
My cup is full and His table spread;
He sees that my hunger is ever fed.
The Shepherd's goodness and mercy flow
That I may be blessed and His kingdom know.
In His house of love I shall safely dwell,
Aware that the Shepherd plans all things well.

—*Violet Thomas Hartmann*

Material of Today

HESTER FAIRFIELD

THAT OTHER PERSONS or circumstances are not responsible for our failures and problems in life is one of the first ideas that Truth students must grasp. It takes a certain humility of spirit and a deep sincerity of purpose to do this.

Yes, we must realize that causes we set in motion within ourselves are behind the appearances of inharmony and trouble we experience.

However, when we face this fact we may allow ourselves to be carried away with the negative aspect of the problem. This may cause us to be overly self-critical. We may concentrate our mental energies on such thoughts such as: "What is the matter with me? Why do I have this problem?" Such thoughts are against the basic truth that we are all God's children and right now—today—is our starting point for proving it. Once we realize that there is a universal principle of causation we must learn to put this principle to work for good in our lives by endeavoring to set only good causes in motion.

"Yes, I understand all this, and I really try to act on it all the time. But why do I continue to have problems?" an earnest Truth student asked me. "And I'm not the only one. I know that. Mrs. A—— has been a Truth student much longer than I have, and look at the serious problem of her son's health. And Mrs. D—— had a bad fall last week, and Mrs. F——'s husband is out of work. What is wrong

with them? Why do they have such problems?"

What is a problem? Let us go back to our school days. The first problem we can think of is probably one of simple addition. "Two plus two equal—" was written on the blackboard for us to copy. Then the teacher, using balls or apples or marbles, explained to us that two plus two equal four. Three plus three and four plus four followed in due time. The teacher gave us numerous problems, and so, step by step, she taught us mathematical principles. Each problem we worked helped us to develop our knowledge of mathematics. We learned addition, subtraction, and multiplication. When we had acquired a good background of these she taught us long division. But we had to apply the knowledge of addition and subtraction and multiplication we already had before we were able to learn to divide, did we not? But for every problem she gave us to work she first gave us the key. Each day's lesson was a foundation on which to build the next day's lesson. The progress from day to day was almost imperceptible, but in this way we developed a workable knowledge of mathematics.

During our school days the teacher furnishes the materials that develop our minds and characters. It may be a pattern and cloth, scissors, needle, and thread with which to fashion a dress. It may be pencil and paper to use in learning to write numbers and words. Or it may be books with which to learn to read. However, she does not just give us these materials; she shows us how to use them.

Yes, the teacher furnishes us with material to help us learn. But if we did not have within us that

something which responds to her efforts, she could teach us nothing. To educate means to "draw out." So it is that the true teacher reaches down within us and "draws us out." She gives something of herself to urge us gently on the way to greater and greater accomplishment.

Whenever I meet someone who seems to be open to Truth ideas and begin to try to teach them to him, my mind goes back to the times when my children were learning to walk. I remember that I could not force them to walk before the desire to walk had grown within them. But when it had I would hold out my hands, and with each step they took forward I would step back, drawing them to me through their own God-given desire to learn to walk. The first day they would take only two or three steps, but in a short while they were walking everywhere. I encouraged them, but they had the desire to learn already with them.

This is all the teacher can do. She cannot force us to learn; she can only draw us out when the desire to learn has become active within us.

Many persons seem to feel that they have learned everything they need to know when their academic education is completed, no matter how limited it may have been. But actually this is when our education may be said to begin. All life from the beginning is really a school, and all knowledge is within us. We understand this great truth when we learn to listen to the divine ideas that flow to us out of God's deep spring of Truth, which never dries up.

God says to us: "Yea, I have loved thee with an everlasting love: therefore with lovingkindness have

I drawn thee." "Be still, and know that I am God." When we learn to "be still," we learn to let God draw us out. We then grow as the flower grows, unfolding leaf after leaf and petal after petal naturally, without anxiety about how it is done.

Why do we have problems? What is a problem? Let us go back to the example of arithmetic. The problems the teacher gave us from day to day were different, and each was built on the foundation of previous days' lessons. In school we might say that the problems we had on a certain day were given to us because we were ready for a particular lesson. We had grown to the place where a new idea was ripe to be unfolded. When we look back on the experience we do not remember the numerous problems in detail. We only remember that the times we had trouble were when we did not apply the principles of mathematics correctly and thus got the wrong answers. As soon as we changed our figures according to the correct mathematical principles, we got the right answers. A mathematical principle is always the same. It never changes; it is the same for everyone at all times.

So we see that the problem in itself, whether it be one of arithmetic or a personal problem or challenge we meet in our lives, is not the thing for us to dwell on or to concentrate our mental energies on. Neither are problems punishment, given to us by an exacting God as reminders that we have sinned. As has been said many times in Truth teachings, we are not punished for our sins but by them.

The problem we have today may be said to come to us because it is the next thing we need to learn.

We have grown to a certain place where, to round out our spiritual character, we need to learn more of patience, courage, or love. If we listen to the voice of God within us, the Spirit of truth, which we have always with us, we shall soon be able in any problem to learn what this experience contains for us. This knowledge will add enrichment to our lives.

"Faith is the substance of things hoped for." This is a statement of deep Truth and is well worth much meditation until its meaning is revealed to us by our own Spirit of truth. What is substance? The dictionary tells us that it is a particular kind of matter, the chief part or essence of anything. We might say that this substance, which faith is, represents the spiritual material of life—the material of today out of which we shape our tomorrows in continued and progressive spiritual growth.

"Faith is the substance of things hoped for, the evidence of things not seen." Take faith! Take today the faith that you have right now, where you are, whatever the circumstances you find yourself in. If a problem seems difficult, know that it is only because we have not applied our faith in God correctly. For when we do we find that the principle is always equal to the job. There is no such thing as an arithmetic problem that cannot be solved when the correct principle is applied to it. How much more this applies to our problems in life—for no matter how difficult, our faith in God is equal to the job of solving them and putting things in divine order!

Yes, today may bring a problem, and perhaps tomorrow will too. But always you have your material of today to help you. Take these materials—

faith, spiritual substance, and divine knowledge. Use them; apply them to whatever problem comes along. Just as you applied first one and then another principle of mathematics until they grew into a workable knowledge equal to solving any problem, so will you find that your faith grows. You will see your problems in the right perspective. You will learn to see the solving of them as joyous experiences that increase and strengthen your faith. Then circumstances will be understood to be the result of the way you deal with your problems, the effect of causes you have set in motion.

Then the knowledge that circumstances are not responsible for our failures and problems but that the constructive use of divine ideas builds circumstances will be accepted as the happy, wonderful truth that it is. We can then start to build into our lives the circumstances we want to be and to abide with us forever.

Our progress from day to day has been almost imperceptible and has taken us to a high place in consciousness. We have grown to know what it means to have a workable knowledge of spiritual principles.

Our lives are songs, God writes the words,
And we set them to music at pleasure;
And the song grows glad, or sweet, or sad,
As we choose to fashion the measure.

—ELLA WHEELER WILCOX

God Is Always Near

HARRIET L. DELMAS

ONE OF THE first things I learned as a Truth student is that God is always near, that He is always accessible and willing to help me, whatever my need may be. I learned that I do not have to go outside myself to find Him, that I need no intermediary to speak for me, and that all I have to do is to turn my thoughts toward God and I will immediately stand in His presence.

This changed my whole point of view spiritually, dissolving forever the old belief that God is somewhere outside my consciousness. In the beginning days of my study I had an experience that proved beyond a doubt the truth of this teaching and gave meaning to the words of Zephaniah: "Jehovah thy God is in the midst of thee, a mighty one who will save."

My husband and I were vacationing in a remote part of the country. We had come up the river in a motorboat with an Indian guide. Soon after our arrival I injured my back in a fall. The realization that there was no available medical aid was frightening at first, for the guide had left with the boat and would not return for two weeks, and there was no way out except by boat.

After I was carried back to camp I became still. I called to God for help, trying to realize that God was present within me, that I needed nothing more. Presently I fell asleep. When I waked the pain was

gone. The next day most of the soreness disappeared, and I suffered no further trouble.

It was a severe test for a beginner. But it strengthened my faith as nothing else ever could have. As I grew in understanding, I learned to draw on my faith for everything I needed. This practice has never failed me; it never will fail so long as I put my trust in God.

It sometimes takes a lot of perseverance to rely wholly on God. Little doubts and fears have a way of coming between you and the manifestations of good you desire. But you must persist in your affirmations to rely on God. Spiritual knowledge is gained by persistent effort.

What is perseverance? It is the holding onto a course of action, the resolute and unyielding determination to accomplish a goal. The holding on is what counts—trusting where you cannot trace, declaring over and over that God is your deliverer, your strength, your help in every need.

In these days of hurry and stress we look for the short cut, the timesaver, the quickest way to get things done. We become impatient when we do not demonstrate immediately the good we desire. This brings back to me the old poem we learned in grammar-school days that says:

"Heaven is not reached at a single bound:
But we build the ladder by which we rise
From the lowly earth to the vaulted skies,
And we mount to its summit round by round."

The "vaulted skies" we know to be the kingdom of heaven within us. To reach this blessed state, we do, indeed mount "round by round," step by step,

until at last we know that we can trust the indwelling Spirit in all things, until we know that "in him we live, and move, and have our being." We must believe that these words are true: "I will in no wise fail thee, neither will I in any wise forsake thee."

The materially minded man looks to outside sources for the things he desires. The spiritually minded man looks within—to God. Thus, he finds that love, life, health, strength, power, and wisdom flow in and through him in an endless stream as he opens his consciousness to receive them. Because he and the Father are one, he does not lack any good thing. He is because God is.

After we place ourselves in God's keeping we do not waste time trying to work out our problems by outer means or to form our own ideas about how they should or should not be made manifest. We go to God with that childlike faith which Jesus so often mentions in His teaching. Then God, in His infinite wisdom, does not withhold our good.

Emerson wrote in "Conduct of Life" about this implicit faith in God's care of His children:

"Why should I hasten to solve every riddle which life offers me? I am well assured that the questioner who brings me so many problems will bring the answers also in due time. Very rich, very potent, very cheerful giver that He is, He shall have it all his own way, for me . . . That only which we have within, can we see without."

Our allowing God to have His way offers no hardship to us. It simply means that we are to do God's will, not our own. Then He fills our hearts with love, kindness, joy, health, substance, and peace.

None of these things comes from the outer; they are God's gifts, so that we may have abundant lives.

We have everything we need for the perfect life here and now. It is never necessary to run hither and yon for our good. This was brought to mind one morning when I found a hummingbird's nest that had been blown from the maple tree during a high wind. It was an ingenious structure—cup-shaped, down-lined, and thatched with lichens. Upon examination I discovered that the down had been taken from the garden-furniture cushions, the lichens from the oak logs we burn in the fireplace. These wise little builders, though capable of incredible speed and the ability to fly great distance, did not deem it necessary to go afar for the materials with which to build the nest; they used the things at hand.

We, too, need not go afar for the materials with which to build a good life. They are within us, part and parcel of our very beings, waiting to be used. They are intangibles to be made tangible.

It is through our conscious realization that we know God. We touch Him, not with physical hands, but spiritually with prayer and meditation. Let us remember that when we come into God's presence we stand upon holy ground—whether in the night silence, the clamor of the street, or in the "inner chamber"—and we leave everything that is not of Him outside the door. After this manner and according to the instruction of Jesus we pray. And the Father, who knows even before we ask what we have need of, will answer.

I have the habit of forming mental pictures of quiet places—a forest, a stream, mountains. When I

am weary from the press of external things, I sometimes project myself in my imagination to a well-loved spot beside a little brook where the wild azalea along the bank fill the air with sweetness, and a lone hawk cruises lazily above the treetops.

However, I find that when I am in such a setting in person my enjoyment is no more or no less than when I form a mental image of the scene. Therefore, I know that in reality I need not drive those long mountain miles to reach the spot. In a moment of time I can summon it to hand.

In much the same way I come into the presence of the Lord—by turning my thoughts inward to Him. It is here that I am refreshed, that my spirit is filled with peace and tranquillity, that I am strengthened, renewed, and revitalized. It is here that I know the Father abiding in me will do His works.

The closer we live to God, the more richly does He bless us with divine wisdom, knowledge, spiritual unfoldment. And as we receive of His beneficence, we repay it in service to others. We have so much to give beside material goods—love, words of hope, encouragement, cheer, praise. These cost us nothing; but the good they do is often beyond measure.

My mother used to say, "When you think you have more than you can bear do something for somebody." This homely advice works like a charm. I know, because I have tried it with unfailing success. In helping others I lose sight of my own trouble, for a time at least, and often when I turn back to it, it has been resolved into the nothingness from which it came.

When Paul was being taken to Rome as a prisoner

to stand trial before Caesar his ship was wrecked. He landed upon the island of Melita. Here the people called him a god, because he went about doing good, healing them of their diseases. He was a man facing torture, even death; yet, rather than worry about his fate, he was selfless and unafraid. Because of his faith in the indwelling presence of God, Paul was able to conquer fear. Even the sting of a poisonous viper could not harm him.

Jesus, in many different ways, pointed out that we are one with the Father, just as He was one with His heavenly Father. In His farewell discourse to the apostles He said, "Ye shall know that I am in my Father, and ye in me, and I in you."

What comfort to know that God is within each of us, working in us as He worked in the Son. Because Jesus knew this to be true, He could say that we would be able to do the same works and even "greater *works* than these shall he do; because I go unto the Father."

Therefore, if you yearn to manifest perfect life, health, strength, peace, and joy, believe with all your heart and mind that God ever abides in you. Affirm it, declare it, and the realization shall be made manifest in your life and affairs.

The voice of God speaking through Isaiah, more than seven hundred years before the advent of Jesus, gives a message for us today as well as for the people living in that age. "Fear thou not, for I am with thee; be not dismayed, for I am thy God; I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness."

Somehow God Answers Prayers

SOMETIMES when I have tried in vain and seem about to lose, to fail, there comes to me assuring peace: The Truth of God will win, prevail. Or when it seems that everything gives only trouble and more care, I turn to God, I think to pray, and find somehow God answers prayer. I need not tell Him just the way to answer when to Him I call; my faith assures me He'll not fail when in my trust I yield Him all. And when I think of only God, to Him alone in faith repair, it matters not how hard my task, I know somehow God answers prayer. Somehow, someway, God answers prayer when otherwise I'd be afraid. 'T is then He gives me added strength; a thousand hands come to my aid. I need to think less of the lack, to know that He is everywhere, to just appropriate the good and question not His way of prayer.

—*Frank B. Whitney*

I Meet My God in Silent Prayer

from the writings of

CHARLES FILLMORE

Illumination: The light of the new day is dawning in my consciousness, and I walk serene and sure.

Prosperity: My mind is opened anew to the splendors of God's kingdom, and a flood of rich substance now pours itself into my affairs.

Healing: The vitalizing, renewing energy of God floods my mind and body, and I am healed.

INSTRUCTIONS—Be diligent toward God even as God is diligent toward you. This command forms the basis of Charles Fillmore's teaching.

He spent many hours daily in prayer—first taking an affirmation of Truth and going into the closet of prayer within, then working for his spiritual realization and next listening for the "still small voice" of the Holy Spirit. He had implicit faith in the guidance of Spirit, the word of God in action; and followed its leading. The thoughts of the diligent turn Godward, and in God find the source of all wisdom, all life, all contentment, all supply. "The thoughts of the diligent *tend* only to plenteousness"—plenty of health, prosperity, love, satisfaction and happiness.

In prayer, when a stabilized place of worship is firmly established in the depths of being, and one concentrates powerfully on a positive affirmation of Truth, new understanding is born, and a definite transformation takes place.

Concentrate on the word light; know that it is the lamp of your life, and that the light of Truth is the sign by which you conquer; then listen to the inner voice.

The art of steadfastly listening to this inner voice and obedience to it is well worth developing. When the Spirit of truth commands, "Put out into the deep, and let down your nets for a draught," and the thinking faculty obeys, we are always rewarded with a multitude of new ideas (fishes).

Believe firmly in the guiding light directing all your thoughts. When the word of God sets into activity the spiritual center within you, it releases a fine essence, a soft white light, that penetrates every atom of your being and brings new illumination to your mind, and healing to your body. It carries just the message, also just the healing power, of which you are in greatest need.

When your realizations that spiritual illumination transcends the laws of intellect are firmly rooted and grounded within you, you will be eternally centered and poised in the Christ Mind.

Remember always that prayer is the great transformer. Daily affirm:

The light of the new day is dawning in my consciousness, and I walk serene and sure.

The kingdom of the heavens within is that realm in man's consciousness where he knows and understands God. When we penetrate this inner kingdom we discover that God has made an infinite provision for man, not only in the invisible world but also in the visible world. When we are firmly established in faith in the all-providing Father, the whole man is enriched, and we find that there is no such thing as lack. Just as we come to know that vegetation could not grow were it not for the invisible forces of nature, so all man's physical needs are supplied by the invisible forces of Being, daily and hourly given to him, according to each need.

In Truth, by establishing a consciousness of life, substance, and intelligence as a constant inflow direct from the Father, man's outer supply is quickened and "things are added."

Let no word of lack escape your lips. Meditate day and night on God's bounty. Affirm that your prosperity increases by leaps and bounds. The Holy Spirit substance fills your mind and overflows into all your affairs.

In Spirit your demonstration is already accomplished. Praise God and give thanks for this truth. "Your father knoweth what things ye have need of, before ye ask him."

With your mind firmly established in the closet of prayer, declare:

My mind is opened anew to the splendors of God's kingdom, and a flood of rich substance now pours itself into my affairs.

The blood is the life contained in God's word. Spiritual healing is the result of receiving God's word into consciousness and allowing this uplifting, energizing power to do the mighty works.

We have found that whenever we think on the positive side, we are thinking spiritually. If we continue to think about the all-power and all-presence of energizing life, we keep stirring up this gift of God within us, and we get a constant upbuilding in both mind and body.

Your thoughts are your workers, and they will do whatever you tell them. They are obedient to whatever you have thought about yourself and your conditions. If you have thought of yourself as the perfect offspring of a perfect Creator, it is well. But if you have not done this, you are in bondage to the kind of thoughts that you have put to work in your mind, body, and affairs.

The large majority of sick persons are pessimists. They think they are much worse off than they are. They retard the healing efforts of nature and nature's God by repeated shocks of mental depression and fear of the serious character of some physical shadow that should be as transient as "ships that pass in the night."

Declare your freedom and the freedom of your thought world from all mental bondage, and you speedily will come into possession of what you desire—health and harmony. In faith affirm:

The vitalizing, renewing energy of God floods my mind and body, and I am healed.

Maturity

CHARLES H. KYSON

MUCH VALUABLE spiritual counsel is available to help youth and those in their middle years. But less help seems available to men and women of advanced years to cope effectively with that period erroneously referred to as old age. Youth and the middle-aged group are encouraged to gain in understanding faith and to conform to divine law. In doing so they grow in health, achievement, and prosperity.

But there is a problem to be faced by persons of more mature years—to overcome the mistaken concept often held by themselves and others that they are no longer useful and are burdens upon society, their relatives, and even themselves. Paul points out a way for them, "Be ye transformed by the renewing of your mind." Wisdom, illumined by divine understanding and forged in the fires of experience, hardens into the steel of conviction in a comprehensive faith. Those possessing it have much to give; theirs is the responsibility to help chart the course of human progress. Today humanity voyages the perilous seas of a changing world beset with hidden reefs of fear, greed, and cynical unbelief. The need for wise counsel and guidance becomes ever more pressing.

If we elder ones think of ourselves as discarded and useless; if we grumble, complain, and feel sorry for ourselves; if we gossip uncharitably

about others, then we cannot be good company, and we need not be disappointed when other persons avoid us. Actually, we have started a chain of destructive and adverse thoughts that can only bring us ill-health, unpopularity, and neglect.

But we can take courage! We in the mature years are not nearing the end; it is, rather, our beginning. Life for us goes on; it is not here today and gone tomorrow, for our existence is timeless and eternal. We must cling to this truth, meditate upon it, and prepare for it—we must make it the moving conviction of our beings. We must regard our lives for what they really are—a time of spiritual growth and unfoldment. Let us compare our experience to that of the youth who busily prepares himself through education for his career. Both of us have much to learn. The heartening words of Jesus encourage us: "I will not leave you desolate: I come unto you. Yet a little while, and the world beholdeth me no more; but ye behold me: because I live, ye shall live also."

The Master further assures us, "That my joy may be in you, and *that* your joy may be made full." But we have to earn these benefits. "Stir up the gift of God, which is in thee . . . For God . . . saved us, and called us . . . according to his own purpose and grace, which was given us . . . before times eternal." God does have a purpose for us.

Now let us consider our lives reflectively and constructively and see what we of the more mature years have to give in return for the leisure and support that have been accorded to us. Through the years we have gained knowledge and experience. We have

cultivated our individual tree of life, the fruit of which is wisdom. And the product of wisdom and experience is sound judgment.

A sympathetically silent person is usually given credit for wisdom. His calm and assured restraint arouses interested curiosity and a desire by others to gain his wise counsel. When asked for his advice he can be wisely and understandingly helpful. He is sought out and popular, because he practices the unusual habit of being attentive, intelligent, and a good listener.

I once lived and studied in the Latin Quarter of Paris, France. In the Quarter there lived a woman of great wisdom and charm. The afternoon teas she gave were events and were noted for their interesting and brilliant company. In her *salon* one met many persons of achievement in the artistic and literary worlds. Our hostess had the reputation of being a brilliant conversationalist. One guest was amazed to observe that she actually talked very little. When questioned about her silence she replied; "Me, a brilliant conversationalist? Ah, no, monsieur!" She smiled and shrugged her shoulders. "You see, my friend, I have learned well the art of listening—to ask a few pertinent questions as intelligently as I can. Yes, and to give merited and sincere praise."

A guest who had received her silent but sympathetic attention later said of her enthusiastically: "A really clever and intelligent woman! What an outstanding conversationalist!" Actually she had silently nodded, smiled, said little, praised sincerely and discreetly. Truly hers is a sure way to become popular and to gain a reputation for wisdom. Those

who practice it will never be lonely or feel neglected, regardless of their years.

With some effort everyone at least can give understanding, sympathy, and attention to others. With greater effort we persons of more mature years can restrain our eager desire to give unsought advice. Jesus wisely cautioned, "Give to him that asketh thee." In the giving of ourselves the Master assures us of our rewards: "Give, and it shall be given unto you." He further instructs us in the fine art of giving: "Freely ye received, freely give." To be gratefully received, a gift must be freely and graciously given.

A discouraged elderly person may ask, "But what have I to give?"

Much! He can give his prayers. Was there ever a time in history when our own country or the rest of the world had greater need for prayer?

Jesus encouraged all of us to pray, "All things whatsoever ye pray and ask for, believe that ye receive them, and ye shall have them." To everyone is given the ability to think, to pray, to bless, to praise, to love, and to forgive. These things we can all do!

On our voyage of life all of us have learned to do things either as a vocation or as a hobby. Let us put the talents or abilities used on them to work, giving freely of them to help others. Let us give of ourselves with no thought of reward, leaving the rewarding to God. By giving graciously without restraint we experience the joy of giving.

To gain a wider and more realistic perspective of living, as elder citizens let us compare man's advancement through life with a voyage of exploration

and discovery. On either "voyage" man gauges his progress by the measurement of time. He forgets or is ignorant of the truth that his life is eternal and timeless; he does not know that in reality he has continuing opportunity and obligation to work and to serve. ..

While joyously sailing the sunny seas of the "age of youth," a young person dreamily cruises through the "isle of imagination," over serene waters of education and preparation. He sees ahead the "isle of hope." Passing this, he encounters rough seas around the "islands of error and blundering." A roaring gale nearly wrecks him on the "isles of overconfidence."

Years pass, and he sails on through the tempestuous ocean of the struggling middle years. This is a time of determination, accomplishment, and accumulation of material possessions. Gradually man experiences a vague, disappointing feeling that these are failing to fulfill their promise of happiness and satisfaction. Now he feels that in his preoccupation with navigating by the chart of materialism he has neglected to steer his course by the fixed star of faith and a comprehension of the Christ consciousness.

As he sails into the quiet waters of the "bay of contemplation," he reads his sailing orders and finds that he will have to unload his hard-won cargo of material possessions. In their stead he takes on a cargo of comprehending faith and an understanding of divine law; he knows that these alone have value in the port of Spirit.

From then on he steers by the sure compass of divine guidance. Voyaging into maturity, man is

eternally complete, a fully matured image of God. He now embodies the qualities of immortality, and he forever harmonizes with the one creative Mind of God. He can rejoice with Paul as he is "transformed into the same image from glory to glory."

MAN

Eva M. Lynd

As an atom is the universe in miniature,
Man is God individualized—the creative power.
The wisdom, love, freedom, and joy of God are in him.

It is for man only to recognize
The tremendous creativeness at his center—
To let himself be a channel
Through which it flows and becomes manifest.
To learn to enter into
The secret place of the Most High,
The place of integrity within himself,
Where he sees and knows God.
To listen to divine wisdom
And to follow it humbly and patiently one step at a time.
Never to lose sight of the knowledge
That he is here to express the Holy Spirit within.
To acknowledge the kingdom of heaven in all his ways.

Thus shall he grow from glory to glory,
Unfettered and unbound,
Free, wise, and immortal!

Sunday LESSONS

These lessons point out the symbology of the Bible and interpret it according to the Unity teaching. Study with an open mind and Truth will convince you. Bible text is taken from the American Standard Version of the Bible, copyright, 1929, by the International Council of Religious Education; lessons are developed from outlines prepared and copyrighted by the Council; both are used by permission.

Lesson 1, January 3, 1954

UNITY SUBJECT—*The Word Made Flesh.*

INTERNATIONAL SUBJECT—*God Revealed in Christ.*
—John 1:14-23, 29-36.

14. And the Word became flesh, and dwelt among us (and we beheld his glory, glory as of the only begotten from the Father), full of grace and truth.

15. John beareth witness of him, and crieth, saying, This was he of whom I said, He that cometh after me is become before me: for he was before me.

16. For of his fulness we all received, and grace for grace.

17. For the law was given through Moses; grace and truth came through Jesus Christ.

18. No man hath seen God at any time; the only begotten Son, who is in the bosom of the Father, he hath declared *him*.

19. And this is the witness of John, when the Jews sent unto him from Jerusalem priests and Levites to ask him, Who art thou?

20. And he confessed, and denied not; and he confessed, I am not the Christ.

21. And they asked him, What then? Art thou Elijah? And he saith, I am not. Art thou the prophet? And he answered, No.

22. They said therefore unto him, Who art thou? that

we may give an answer to them that sent us. What sayest thou of thyself?

23. He said, I am the voice of one crying in the wilderness, Make straight the way of the Lord, as said Isaiah the prophet.

29. On the morrow he seeth Jesus coming unto him, and saith, Behold, the Lamb of God, that taketh away the sin of the world!

30. This is he of whom I said, After me cometh a man who is become before me: for he was before me.

31. And I knew him not; but that he should be made manifest to Israel, for this cause came I baptizing in water.

32. And John bare witness, saying, I have beheld the Spirit descending as a dove out of heaven; and it abode upon him.

33. And I knew him not: but he that sent me to baptize in water, he said unto me, Upon whomsoever thou shalt see the Spirit descending, and abiding upon him, the same is he that baptizeth in the Holy Spirit.

34. And I have seen, and have borne witness that this is the Son of God.

35. Again on the morrow John was standing, and two of his disciples;

36. And he looked upon Jesus as he walked, and saith, Behold, the Lamb of God!

GOLDEN TEXT—*These are written, that ye may believe that Jesus is the Christ, the Son of God; and that believing ye may have life in his name.*—John 20:31.

SILENT PRAYER—*I make my word flesh by living according to my faith.*

Spiritual life for the race began with the first man who apprehended the original "Word," or thought of Being. Prior to this time men existed in common with the rest of the animal creation, without an understanding of the meaning of life or of its

relation to the source of Being. But once their relation to God, their source, was realized as that of sons to a father, the conscious spiritual life of the race began. At first, the idea was vague and undeveloped, but it gained in clarity and strength of conviction as men meditated on it and sought to realize it, until "the Word became flesh" in very truth.

Apart from mind, nothing can be made in orderly fashion. In our forming and bringing anything into manifestation we use the same creative process that God uses, and to the degree that the qualities of the one Mind enter into our thought in our bringing forth, our work will be enduring. The power to express thought is the chief characteristic that distinguishes us from the lower animals. The latter can communicate feeling to their fellows. The flock contentedly nibbles grass in close formation. Cows stand together in a pond or in the shade, and horses put their heads together over a dividing fence. On the other hand, when one animal is seized by panic the herd stampedes. What has been called "togetherness" and what is, in fact, unity in the lower ranges is more or less common to all forms of life.

The capacity for thought and the power to choose the words that best express it are characteristic of man alone. The mind's conception of the idea is the word, or creative power of God. The idea clothed in words is the Word made flesh, a beginning that is new in the roster of life. Of all beginnings, that of the power to express conscious thought and combine intelligence with feeling is the most significant.

The divine idea—the Christ, or Word of God—is always everywhere present. Those who dwell in ma-

terial thought perceive nothing higher until they are ready to receive understanding of the Christ Truth, whereupon they enter into the John the Baptist or intellectual perception. This is not the true light (the Christ), but bears witness to the light and prepares the way for its dawning in consciousness.

The true light (the Christ, or Word), which lights every man coming into the world, is in us. Even the physical form came into existence through it. Up to a certain point in our unfoldment we do not recognize this truth. Now, however, this mystery, which is "Christ in you, the hope of glory," is being revealed to the race with more and more clarity and with greatly increased power.

Jesus recognized the truth that the Christ, the divine-man idea or Word of God, was His true self and that He was, consequently, the Son of God. Because Jesus held to this perfect image of divine man, the Christ, or Word, entered consciously into His entire being and transformed His body into pure, immortal, spiritual substance and life. Thus, "the Word became flesh." The resurrecting of His whole being included His body. Jesus entered alive and entire into the spiritual realm. We do likewise as we believe in the resurrecting power of the Christ.

QUESTIONS

1. How did the spiritual life of the race begin?
2. What distinguishes us from the lower animals?
3. In metaphysical terms what is the Word made flesh?
4. What in this lesson represents intellectual perception?
5. How may we enter alive and entire into the spiritual realm?

UNITY SUBJECT—*Cleansing the Subconscious Mind.*

INTERNATIONAL SUBJECT—*Jesus Uses His Authority.*—John 2:13-25.

13. And the passover of the Jews was at hand, and Jesus went up to Jerusalem.

14. And he found in the temple those that sold oxen and sheep and doves, and the changers of money sitting:

15. And he made a scourge of cords, and cast all out of the temple, both the sheep and the oxen; and he poured out the changers' money, and overthrew their tables;

16. And to them that sold the doves he said, Take these things hence; make not my Father's house a house of merchandise.

17. His disciples remembered that it was written, Zeal for thy house shall eat me up.

18. The Jews therefore answered and said unto him, What sign showest thou unto us, seeing that thou doest these things?

19. Jesus answered and said unto them, Destroy this temple, and in three days I will raise it up.

20. The Jews therefore said, Forty and six years was this temple in building, and wilt thou raise it up in three days?

21. But he spake of the temple of his body.

22. When therefore he was raised from the dead, his disciples remembered that he spake this; and they believed the scripture, and the word which Jesus had said.

23. Now when he was in Jerusalem at the passover, during the feast, many believed on his name, beholding his signs which he did.

24. But Jesus did not trust himself unto them, for that he knew all men,

25. And because he needed not that any one should bear witness concerning man; for he himself knew what was in man.

GOLDEN TEXT—*God is Spirit: and they that wor-*

ship him must worship in spirit and truth.—John 4:24. (Marginal).

SILENT PRAYER—*My body is a temple of the living God, and I recognize His Spirit dwelling in it.*

It is the nature of thought to repeat itself. At each repetition it grows either stronger or weaker as it is consciously recognized or ignored by the I AM. Thus, we can cultivate good movement of the mind by giving it a special affirmation. The feast of the Passover that "Jesus went up to Jerusalem" to attend symbolizes an escape from bondage. When we begin to discipline our minds we always "go up" in consciousness, because it is in our spiritual heights that we see things clearly and in their right perspective.

When we throw the light of Spirit into the subconscious courts of the body temple we find queer and often startling conditions there. One would hardly expect to see butcher stalls and money-changers in a temple built for the worship of God, yet similar conditions exist within all of us.

So the body temple must be cleansed; it is the house of God, and it should be put in order. The first step in this cleansing process is recognition of its need. The next step is the "scourge of cords," the formulated word or statement of denial. When we deny in general terms we cleanse the consciousness, but secret sins may yet lurk in the inner parts. The words that most easily reach these hidden errors are not great ones, but small, definite statements that cut like whipcords into sensuous, fleshly mentalities.

To get perfect results, it is necessary to deal with

our minds in both the absolute and the relative. In the early morning we may affirm, *"All the affairs of my life are under the law of justice, and my own comes to me in ways divine,"* and before noon find ourselves giving thought to seeming injustice. Such an experience shows that we have not gone into the temple and tipped over the tables and scattered the coins.

Excessive zeal in religious forms of worship eats up the truly spiritual. "The zeal of thy house hath eaten me up." When we become very zealous in observing the rites of the church we are prone to forget the church itself, which is Christ.

That the temple spoken of in this lesson refers to the body is clearly stated in John 2:21: "But he spake of the temple of his body." Man's ability to preserve his body from destruction is proof that he has mastered his mind. So long as our bodies show signs of decay, it is evident that we have not cast out of the inner realms the thought "butchers" that kill for sacrifice "oxen and sheep and doves." The allusion here is to the destructive thoughts lying deep in the consciousness, at the very issues of life.

The "three days" are spirit, soul, and body, the three degrees or parts of man's consciousness. When the I AM of man has purified and mastered these three man is in the dominion proclaimed for him in the 1st chapter of Genesis; the Scriptures, or Word of God, is fulfilled in him, and his faculties (apostles) recognize and respond to it every time that the uplifting word (the resurrecting word) is proclaimed.

QUESTIONS

1. How are thought habits formed?

2. What is the "scourge of cords"?
3. Why is it not sufficient to deny in general terms when we wish to cleanse our body temples of all error?
4. How does zeal for outer forms eat up spiritual realities?

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Lesson 3, January 17, 1954

UNITY SUBJECT—*The Quickening Spirit.*

INTERNATIONAL SUBJECT—*The New Birth.*—John 3:1-16.

1. Now there was a man of the Pharisees, named Nicodemus, a ruler of the Jews:
2. The same came unto him by night, and said to him, Rabbi, we know that thou art a teacher come from God; for no one can do these signs that thou doest, except God be with him.
3. Jesus answered and said unto him, Verily, verily, I say unto thee, Except one be born anew, he cannot see the kingdom of God.
4. Nicodemus saith unto him, How can a man be born when he is old? can he enter a second time into his mother's womb, and be born?
5. Jesus answered, Verily, verily, I say unto thee, Except one be born of water and the Spirit, he cannot enter into the kingdom of God.
6. That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.
7. Marvel not that I said unto thee, Ye must be born anew.
8. The wind bloweth where it will, and thou hearest the voice thereof, but knowest not whence it cometh, and whither it goeth: so is every one that is born of the Spirit.
9. Nicodemus answered and said unto him, How can these things be?
10. Jesus answered and said unto him, Art thou the teacher of Israel, and understandest not these things?

11. Verily, verily, I say unto thee, We speak that which we know, and bear witness of that which we have seen; and ye receive not our witness.

12. If I told you earthly things and ye believe not, how shall ye believe if I tell you heavenly things?

13. And no one hath ascended into heaven, but he that descended out of heaven, *even* the Son of man, who is in heaven.

14. And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up;

15. That whosoever believeth may in him have eternal life.

16. For God so loved the world, that he gave his only begotten Son, that whosoever believeth on him should not perish, but have eternal life.

GOLDEN TEXT—*God so loved the world, that he gave his only begotten Son, that whosoever believeth on him should not perish, but have eternal life.* —John 3:16.

SILENT PRAYER—*I think and act in terms of spiritual Truth and not from the standpoint of the flesh.*

To be born is to enter into a new world, a world in which we acquaint ourselves gradually with our surroundings and the conditions of our lives. Through growth we become aware of these conditions and endeavor to fit ourselves into the scheme of things. To be born of Spirit is to enter the world of inner values and to develop character that is founded on principles rather than on accepted custom. It is to conceive of God in terms of the Spirit of truth, which animates us and inspires us to demonstrate increasingly what is good, right, and true. Flesh consciousness leaves us content to base our faith in God on the popular idea of religion: to follow the race thought of God as

a magnified person rather than a Spirit indwelling in the hearts of men.

Nicodemus represents this popular idea of religion; hence, the esoteric meaning of his name, "victorious among the people." A strict Pharisee and a ruler of the Jews who believed in the letter of the Scriptures, he was, nevertheless, open to conviction if a higher truth could be entertained safely. Flesh consciousness makes those who live by it eager to keep on the safe side. Prudence is a well-recognized virtue, but in matters of faith and conviction no mediator between man and God is needed. It is better to hold ourselves in the Spirit of truth without intervening props or interpretations.

Conservative religious thought preserves the church as an institution and prevents the believer from becoming religiously erratic. Religious conservatism rightly based is a desirable quality of mind. Nicodemus was a good friend to Jesus. He defended Him before the Pharisees and assisted at His burial. Nicodemus, however, was acquainted with the power of Spirit and did not understand regeneration. He knew that the works of Jesus could not have been done without greater access of power than flesh consciousness alone could command. "We know that thou art a teacher come from God; for no one can do these signs that thou doest, except God be with him."

Nicodemus judged Jesus by His works, a procedure that Jesus approved and commended. "If I do not the works of my Father, believe me not. But if I do them, though ye believe not me, believe the works: that ye may know and understand that the

Father is in me, and I in the Father." To do the works of God requires the Spirit of God, and when His Spirit is active in us we know unity with God and understand the truths of the inner life much better than if they had been imparted to us by others.

"That which is born of the Spirit is spirit." There is no mystery about this. The spirit that animates a man is readily discerned and understood. It was this spirit that Emerson had in mind when he asked the question, "How can a man be concealed?" Hypocrisy may mask a man's true character for a time; but as his intentions work into manifestation, his character and spirit stand revealed as clearly to the discerning mind as his bodily outline stands out against the setting sun.

The winds are now charted, their origin and velocity determined, and their probable duration confidently predicted. Those who study Truth are also learning to recognize the Holy Spirit by its manifestations. This original source of power may inspire a man to think, say, or do things in a novel or unpredictable way, but a way that is always in harmony with what is true and right.

The quickening Spirit fits us to bear witness to the Christ here and now. We need not concern ourselves with a hypothetical new birth at death or after. We are responsible for the way in which we meet the present, and this is under our control. The future, when it arrives, will be under our control provided we control the present by manifesting the spirit of love, wisdom, and discipline in thought, word, and act.

The spirit of fairness, truthfulness, and upright-

ness can be quickened in us here and now without delay. "For God so loved the world, that he gave his only begotten Son, that whosoever believeth on him [his own divine self] should not perish, but have eternal life." Not only are we to believe in our own divinity, we are to accept the example of this divinity given by God through Jesus Christ.

QUESTIONS

1. What kind of growth is anticipated in spiritual rebirth?
2. To what does the desire to be found on the safe side in matters of religious faith owe its existence?
3. Does conservatism in religion have anything to recommend it?
4. What is required in order to do the works of God?
5. How can we make sure of the spirit that animates a person?
6. How can we control the future?
7. Is it presumptuous of us to believe that our nature is one with the divine nature?

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Lesson 4, January 24, 1954

UNITY SUBJECT—*The I AM and the Soul.*

INTERNATIONAL SUBJECT—*Crossing Man-Made Barriers.*—John 4:27-42.

27. And upon this came his disciples; and they marvelled that he was speaking with a woman; yet no man said, What seekest thou? or, Why speakest thou with her?

28. So the woman left her waterpot, and went away into the city, and saith to the people,

29. Come, see a man, who told me all things that *ever* I did: can this be the Christ?

30. They went out of the city, and were coming to him.

31. In the mean while the disciples prayed him, saying, Rabbi, eat.

32. But he said unto them, I have meat to eat that ye know not.

33. The disciples therefore said one to another, Hath any man brought him *aught* to eat?

34. Jesus saith unto them, My meat is to do the will of him that sent me, and to accomplish his work.

35. Say not ye, There are yet four months, and *then* cometh the harvest? behold, I say unto you, Lift up your eyes, and look on the fields, that they are white already unto harvest.

36. He that reapeth receiveth wages, and gathereth fruit unto life eternal; that he that soweth and he that reapeth may rejoice together.

37. For herein is the saying true, One soweth, and another reapeth.

38. I sent you to reap that whereon ye have not labored: others have labored, and ye are entered into their labor.

39. And from that city many of the Samaritans believed on him because of the word of the woman, who testified, He told me all things that *ever* I did.

40. So when the Samaritans came unto him, they besought him to abide with them: and he abode there two days.

41. And many more believed because of his word;

42. And they said to the woman, Now we believe, not because of thy speaking: for we have heard for ourselves, and know that this is indeed the Saviour of the world.

GOLDEN TEXT—*We have heard for ourselves, and know that this is indeed the Saviour of the world.*—John 4:42.

SILENT PRAYER—*Through the I AM I express my true self and become one with the Spirit of truth.*

I AM is the name of God in man. The I AM is the indwelling Christ, the true spiritual man whom God made in His own image and likeness. The function of the I AM includes the uplifting of the soul from its consciousness of mixed good and evil and the establishing of it in the consciousness of good only.

The Samaritan woman represents the psychic or soul nature in which Truth and error are intermingled. Samaria ("watch mountain") signifies a mixed state of consciousness, part worldly and part religious. Since the religious nature is that side of consciousness which moves us to learn and to understand Truth as it concerns us, it should be free from all taint of the mixed consciousness. "Jews have no dealings with Samaritans." The special function of the I AM is to enable us to escape falling short of our innate unity.

The faculties do not always grasp readily the aim and purpose of the I AM in its freeing and uplifting work; they lag behind with the accepted or traditional ideas of religion. Traditional usage would leave the soul in the realm of vague uncertainty to which all the mysterious and little understood phases of the ego are banished. It would not be recognized openly or approached in direct fashion.

Jesus did not hesitate to disregard the traditional taboo. He greeted the woman, asking of her a slight favor that she could scarcely refuse to grant. The soul is as real a part of us as are our faculties, but the faculties do not always take the soul into consideration. The apostles restrained their natural curiosity at seeing Jesus talking with the Samaritan

woman. "No man said, What seekest thou? or, Why speakest thou with her?"

The woman thought that Jesus was the Christ because He told her "all things that *ever* I did." Many searchers after Truth fail to distinguish between the revelations of the psychic realm and those of Spirit. The psychic realm is not the true source of wisdom. Jesus saw the woman's life, both past and present, because He was one with the universal life and all Truth was open to Him. Truth as it is in the Christ is that which looks forward from the present, not backward to the past. The other Samaritans who came to Jesus and who entreated Him to remain longer in Sychar found this Truth and preferred it to the psychic testimony that had appealed to the woman.

We should look forward rather than backward, but we should give our main thought to the present. This is the most important interest and responsibility that anyone can have, since it is immediate and pressing in its demands. The fields "are white already unto harvest," and unless the harvesting is done now, the crop will be lost. Unless we begin now to control our thoughts and direct them along lines of faithfulness, good will, loving-kindness, wisdom, and impartial justice, we may not begin tomorrow or next day or at all. "Now is the acceptable time."

No higher satisfaction in life can be found than that of doing the work for which we feel we are wholly suited in every way, the work that needs most to be done and that cannot be better done by anyone else. Jesus called His work in the cause of Truth "my meat." It sustained and satisfied Him, so that He

forgot the weariness of the journey and was able again to throw zest and energy into His teaching. The two days spent in the Samaritan city must have been busy ones, for "many more believed because of his word" spoken during this interval.

The Samaritans were expecting the Christ. They accepted Jesus as the Christ without arguing and disputing as the Pharisees insisted on doing. It is not by chance that the finest character drawn in any of the parables of Jesus is that of the good Samaritan. Jesus found good people in Samaria, willing and eager listeners, "doers of the word, and not hearers only." We, too, can lay aside all uncertainty and hesitation, all mixed states of mind and accept the Christ simply and wholeheartedly as our one source of unfailing satisfaction.

The record does not disclose that Jesus did any great works of healing in Samaria or that He fed the multitudes there with material food. The remarkable statement, "We have heard for ourselves, and know that this is indeed the Saviour of the world," shows that the word of Truth only was enough to convince the Samaritans. Those who are able thus to divide aright the word of Truth are blessed, for they attain an unmixed consciousness of good.

QUESTIONS

1. What is the I AM, and what does it accomplish when rightly used?
2. What do Samaria and the Samaritan woman represent?
3. Is true wisdom found by psychic means? If not, how is it found?
4. What satisfaction sustains us as we do the work that we are fitted to do?

UNITY SUBJECT—*Spiritual Healing.*

INTERNATIONAL SUBJECT—*Faith That Makes Whole.*—John 5:2-18.

2. Now there is in Jerusalem by the sheep *gate* a pool, which is called in Hebrew Bethesda, having five porches.

3. In these lay a multitude of them that were sick, blind, halt, withered.

5. And a certain man was there, who had been thirty and eight years in his infirmity.

6. When Jesus saw him lying, and knew that he had been now a long time *in that case,* he saith unto him, Wouldest thou be made whole?

7. The sick man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me.

8. Jesus saith unto him, Arise, take up thy bed, and walk.

9. And straightway the man was made whole, and took up his bed and walked.

Now it was the sabbath on that day.

10. So the Jews said unto him that was cured, It is the sabbath, and it is not lawful for thee to take up thy bed.

11. But he answered them, He that made me whole, the same said unto me, Take up thy bed, and walk.

12. They asked him, Who is the man that said unto thee, Take up *thy bed,* and walk.

13. But he that was healed knew not who it was; for Jesus had conveyed himself away, a multitude being in the place.

14. Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing befall thee.

15. The man went away, and told the Jews that it was Jesus who had made him whole.

16. And for this cause the Jews persecuted Jesus, because he did these things on the sabbath.

17. But Jesus answered them, My Father worketh even until now, and I work.

18. For this cause therefore the Jews sought the more to kill him, because he not only brake the sabbath, but also called God his own Father, making himself equal with God.

GOLDEN TEXT—*I came that they may have life, and may have* it *abundantly.*—John 10:10.

SILENT PRAYER—*I deny every appearance of disease and inharmony while I keep my faith fixed on the Christ, or the principle of wholeness.*

The technique of spiritual healing is nowhere else so well illustrated as in the case of the lame man at the Pool of Bethesda. We shall do well to study the method of Jesus, whose work in this field has never been equaled.

In the first place, the sick man had faith. Until he met Jesus, his faith was in the efficacy of the waters of the pool to heal him, provided he could be the first to step into the pool after it had been "troubled." After thirty-eight years he was still awaiting his opportunity to be first. Such faith deserved to be rewarded, and it took very little to set it in motion. Jesus simply gave him a command to act as a normal, healthy person would: "Arise, take up thy bed, and walk." At this word the lame man forgot the supposed healing properties of the pool and went about his affairs. He even forgot what day of the week it was. The only thing that mattered, the all important thing, was that he had been told to act as though he was well, and he responded to the challenge. When he did this he found himself well.

It seems almost too elementary to be true—and many are still unable to accept the truth of it—that in spiritual healing all that is needed is faith that one can be well, followed by speaking and acting as though one is well, and obeying the word of the Christ commanding one to act so. Such a course is called hypocrisy and various other uncomplimentary names by those who have not tried it and proved its validity.

Nevertheless, the truth is that spiritual healing is the normal healing for man. It is not so simple as it sounds, for faith and courage of no mean order are required to enable anyone to speak and act as though he is well when every appearance points to the opposite. It is not easy to hold to the faith of the Christ in the face of adverse appearances. Jesus restored to health the man beside the Pool of Bethesda through His own consciousness of the man's innate perfection. The man's faith helped to bring about the result, but "the Word" that became flesh had to be sent forth before the healing was made manifest.

Jesus saw the innate perfection of men; He saw their limitations as something to be overcome. He saw what they might become when set free from the incubus of sin, disease.

Bethesda ("house of mercy") represents the point in consciousness where we feel the cleansing life of Spirit. That we do not feel this vitalizing power continually in action to maintain us in health is explained by the fact that our senses, which form our means of communication with the outer world, admit into our consciousness and shelter there many erroneous thoughts and beliefs concerning sickness

("a multitude of them that were sick, blind, halt, withered"). The natural man believes that some diseases are incurable, merely because they do not yield to medical treatment. Since material remedies do not reach them, he argues that they are past helping. These diseases yield as readily as any others to spiritual healing.

What is needed is a new consciousness in which spiritual healing ranks first, if, indeed, it does not stand alone as the method always to be invoked. If material remedies are to be recognized at all, they should be used only when the mind turns resolutely away from things spiritual. Some persons recognize only the material nature of the body, and have difficulty in explaining a case like the one in today's lesson. On the other hand, many doctors now admit that the mind powerfully affects the body and say that they have witnessed cases of healing that they cannot account for on a medical basis.

It is neither necessary nor desirable for us to talk continually of our faith in the efficacy of prayer. What is necessary is that through prayer, meditation, and study we quicken our understanding and learn the lesson of gratitude. We shall then take a lesson in faithfulness from this text and avoid the "worse thing" that befell the man who was made whole by the Pool of Bethesda, but who in return betrayed the One who had healed him because he lacked understanding.

QUESTIONS

1. What is the first requirement in spiritual healing?
2. How is the technique of healing illustrated in the healing of the lame man by the Pool of Bethesda?

3. Is this form of healing as easy as the statement covering it would seem to prove? If not, why?
4. What does Bethesda represent? Why do we not feel the vitalizing power of Spirit continually?
5. How did Jesus view those whom He healed?

"Whatsoever Things Are Lovely"

"Whatsoever things are lovely,"
Let us think upon those things;
They will sweeten all the waters
Of the heart's deep-hidden springs.

"Whatsoever things are lovely"
And of good report and pure
Make a mantle of rare splendor
For the soul's investiture.

"Whatsoever things are lovely,"
If these be the spirit's goal,
Outward comeliness shall mirror
Inward beauty of the soul!

—*Jessie Wilmore Murton*

Silent UNITY

The light of the new day is dawning in my consciousness, and I walk serene and sure.

The Society of Silent Unity, founded more than fifty years ago, is the healing department of Unity School, ministering without seeing them, to those who need help.

Our purpose is to aid through prayer all persons who, having faith in the power of God, ask for help.

Our temporal needs are met by the freewill offerings of those to whom we minister. "Give, and it shall be given unto you; good measure, pressed down, shaken together, running over."

Our Silent Unity group numbers some hundred consecrated workers who are devoting their lives to God's work for humanity. They are proving daily that physical, financial, mental, and spiritual difficulties can be overcome by righteous prayer. Even though everything else may have failed, we shall pray *with* you, for we have faith that "with God all things are possible."

We pray *with* you and also instruct you how to pray to the Father in secret in order that you may help yourself. Silent Unity is praying always, and your co-operation in prayer is of mutual benefit. Do not hesitate to write to us for help because your problem is personal. All correspondence is confidential.

Address your request to Society of Silent Unity, Lee's Summit, Mo. Cable address: Unity, Lee's Summit, Mo.

Give your full name and address

Prayers ANSWERED.....

These testimonials come from persons who have been healed by the power of Spirit. Those who wish to gain inspiration from someone whom God has healed may write, in care of the Unity School Editorial Department, to givers of these testimonials. Each letter must be unsealed and give the initials and address of the person to whom it is to be forwarded; also the name and date of the periodicals in which the testimonial appeared.

I Will Come and Heal

RECENTLY I sprained my ankle very badly. In my pain I listened to *Unity Viewpoint,* and as the message ended for the day a complete rest filled me. As quickly as one could snap fingers all pain left my ankle, and I immediately got up and sang out to my husband, who was preparing to take me to a doctor, "I am healed! I am healed! And surely and instantly I was! God alone knows the thanks and praise in our hearts.—*Mrs. A.L.M., Canada.*

My Help Cometh from Jehovah

THIRTY-SEVEN YEARS ago while browsing around in a secondhand bookstore, I picked up a copy of UNITY.

I had never heard of such a publication before and through mere curiosity, began to read. The more I read the more intrigued I became. The copy was five cents. I bought two, took them home, and read them through before I laid them aside.

Those two magazines were the turning point in

my life. I had tried many creeds and "isms" and was searching for something that would fill my desire and need. I know now that I was led to that bookstore, as it was unusual for me to go to a secondhand bookstore.

Since that day until this I have never been in a doctor's office nor had a doctor come to me. I have taken UNITY, *Weekly Unity, Daily Word,* and prosperity banks all these years. I have traveled all over the United States and left magazines on trains, in railroad stations, and mailed them to people I felt needed spiritual help and guidance.

I turn to you, dear people, in time of great need. My health and financial problems are solved in a miraculous way. My needs are filled before I ask, and I am prospered beyond all expectations.

I am writing to you in appreciation of what you mean to me, and for your wonderful work. I am glad I can help spread God's word in a small way. God bless you my friends.—*Mrs. J. L., Georgia.*

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Hearken unto Me

RECENTLY I WROTE to you asking for your help as I had found it necessary to make a change in my work. I want to tell you how much I appreciate your wonderful help. A few days after I wrote you I learned about this position, the Executive Secretary to——. I knew there would be many applicants for the position, but I knew I would be guided to my right work. When I met ——, and talked with him for one hour, he decided on the spot to give me this wonderful opportunity. There was no question in either of our

minds that this was my rightful place.

I am happy to be working with a man who is contributing so much to the good of his community and State. It is wonderful to share in this contribution. Many, many thanks!—*J.L.N., California.*

NOT A DAY GOES by that I don't thank God for the happy home I have now through your prayers and mine.

Never before have I had such inner peace and contentment as I have had since I began reading and studying Unity. If I even start to become anxious or worried over anything I close my eyes and silently say "Let go and let God," and everything works out smoothly, and I know God works for everything for my good. God bless you all.—*Mrs. M.L.N., Missouri.*

Father, I Thank Thee

SO MANY WONDERFUL blessings are coming my way since I have been getting Unity literature. I know now what real love and happiness are. They must come from our hearts. If we really want love and happiness we must love other persons and give them happiness, for it is in the giving that we receive.

Since studying Unity my life has been so much richer. I have prospered in mind and body and I always have plenty for every need. I am so thankful. —*H.U., New York.*

I WISH I MIGHT adequately express my sincere appreciation to the many friends who make such beautiful contributions to UNITY magazine.

Many, many blessings have come into my life since I have been a subscriber to UNITY, and certainly it is a privilege to be able to pass these messages on to some friends of mine. God was never so real to me as since I have studied these truths.

My life is richer for being able to practice the Truth way of living. I have particularly enjoyed the contribution made by Clara Beranger, "Peace Begins at Home." Each chapter has surely had some real lessons for me. I trust that her work will continue. —*Mrs. W.O.F., Maryland.*

Give unto the Lord

THE MONEY ORDER inclosed is money I have saved by tithing since I last wrote to you. I live alone and am 64 years old. My income is small, but out of every dollar I earn I take a tenth and place it back from my other earnings. I give this to God so that His work may be carried on and sent out to others that need His inspiration of truth and love.

Some days I feel that my strength isn't sufficient to work and carry on. But when I get my copy of UNITY and read it, I always find something that inspires me with more faith and gives me strength to do the work that is before me.

I used to think I didn't earn enough to tithe. Since I have begun to tithe God has provided each day enough for me to live on, and I don't feel the need of His tenth. I feel that my praise and thanksgiving for the blessings received can be shown only by continuing to tithe and trust God for all my income.—*Mrs. M. W., Oklahoma.*

UNITY CENTERS AND CLASSES

The following leaders are conducting a ministry in keeping with the Christ teachings as interpreted by Unity School.

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Globe—Sarah Lightle, 117 E Oak
Phoenix—Harold Irving, Woman's club

ARKANSAS

Little Rock—Mary Wayman, 108 Linwood

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Auburn—Jonh Hinkle, St Luke's Episcopal church
Bakersfield—Della Shutts, Brower bldg
Berkeley—Susanna Scott, Durant hotel
Beverly Hills—Ruth Rae, 200 S Canon
Burbank—Joseph & Mildred Haggerty, 1009 Cordova, Magnolia Arcade
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Escondido—Unity, 143 W Grand
Fontana—H P Nicholls, Community church
Fresno—Alice Stokes, 171 Blackstone
Glendale—Geraldine Johnson, 119 S Kenwood
Hermosa—Winifred Dietz, 77 17th
Hollywood—Rose Schneider, 1162 N St Andrews
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Monrovia—Irene Malloy, 201 E Lime
Montebello Park—Gertrude Hall, Woman's Club
Napa—Helen Wade, Churchill manor
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Oakland—Alma Morse, 144 Athol
Oceanside—Sonja Samiran, K P hall, 115 N Tremont
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Pittsburgh—Andrew Carlson, 809 Arch

PUERTO RICO

San Juan—Santurce—Rafaela Melendez, 306 Condado ave, stop 17

TENNESSEE

Chattanooga—Frances Clement, 756 Oak
Memphis—Unity, 1911 Madison ave
Nashville—Susan Smartt, 1816 Broad

TEXAS

Amarillo—Eugenia Lane, 2120 Tyler
Dallas—Ruth Gillespie, Cora Crandall, 5538 McCommas
El Paso—Mabel Peck, 1300 E Rio Grande
Fort Worth—Ruth Johnson, 901 Page
Houston—Lillian Brass, 8500 Louisiana; Dale & Donna Newsum, Scanlon bldg; Corine Smith (col) 3902 Leffingwell
San Antonio—Mary Myles, Maverick bldg

WASHINGTON

Bremerton—Marion Brown, 925 Park
Everett—Estelle MacPherson, 2609 Wetmore
Olympia—Warren Meyer, YWCA
Pasco—Beulah Scott, 404 N 7
Redmond—Ella Peterson, Cedar & Kirkland (library bldg)
Seattle—Donald O'Connor, Arcade bldg; Ella Petersen, 12511½ Bothell
Spokane—Herbert Hunt, 1124 W 6 ave
Tacoma—Warren Meyer, 1012½ A st
Yakima—Beulah Scott, 109 S 4

WEST VIRGINIA

Huntington—Unity, Lewis Arcade bldg

WISCONSIN

Beloit—Bernice Biggers, YWCA bldg
Mercer—Ella Beierle, Rice lake
Milwaukee—Mae Lundahl, 1820 E North; Emma Terrien, 1136 W Madison
Sheboygan—Lu Verna Bauer, 1603 S 9

CANADA

London—Herbert Nicklin, 70 Dundas
Montreal—May Duncan, Ritz-Carlton hotel
Ottawa—May Duncan, Kings Daughters bldg, Laurier ave
Toronto—Mary & George Dunning, 2249 Yonge
Windsor—Unity, Pitt bldg
Winnipeg—Edna Bowyer, 360 Young

ENGLAND

Carnarvon, North Wales—Dora Johnson, Llanfair Hall
Easington Village—Thomas Merrington 11 Sea View, Co Durham
London—Ruth Hacking, 6 Stanhope Terrace, W 2
Nr Whitstable—Olive Hacking, 14 Russel dr, Swalecliffe, Kent
Sunderland—Thomas Merrington, Co Durham

MEXICO

Mexico D F—Clara Kouns Lumpkin, Juarez 30, room 305

Unity literature in French: Unite, 22 rue De Donai, Paris XVIIe, France; in Italian: Eva Pasini, 5 Corso Genova, Milano, Italy.

Mysteries of Genesis

BY CHARLES FILLMORE

Throughout the thirteen chapters of *Mysteries of Genesis* Charles Fillmore shows how the mental laws of creation can be applied by man in order to bring about the manifestation of the things he desires in his own world. The logical place to begin the study of these laws is with the story of creation as told in the Book of Genesis.

Charles Fillmore says that the Book of Genesis, being a record of beginnings, offers much to Bible students when rightly understood. To help his readers understand the Book of Genesis, the key to the Bible, the author has answered hundreds of questions such as the following: "What is meant by 'The Spirit of God moved upon the face of the waters'?" "What, in terms of mind, is 'darkness'? 'Light'?" "How was the breath of life 'breathed into' man's nostrils?"

Those who will earnestly follow Charles Fillmore through *Mysteries of Genesis* will be rewarded with new light and understanding.

(*Mysteries of Genesis,* bound in black Keratol, is $1.)

Unity Books and Booklets

For Beginners in Truth	Beginning Again	$1.00
	Favorite Unity Radio Talks	1.00
	God a Present Help	1.00
	God Is the Answer — *Dutch, English*	1.00
	Great Physician, The	1.00
	How I Used Truth — *German, English*	1.00
	Lessons in Truth — *English, Italian, German, Spanish, Russian, French, Dutch*	1.00
	Letters of Myrtle Fillmore	1.00
	More Wonderful You, A	1.00
	New Ways to Solve Old Problems	1.00
	Prove Me Now	1.00
	Things to Be Remembered	1.00
	Whatsoever Ye Shall Ask	1.00
For Healing	Christian Healing — *German, English*	1.00
	Divine Remedies	1.00
	Jesus Christ Heals	1.00
	Truth Ideas of an M.D.	1.00
	You Can Be Healed	1.00
For the Home	You and Your Child — *French, English*	1.00
For Prosperity	Both Riches and Honor — *French, English*	1.00
	Prayer in the Market Place	1.00
	Prosperity	1.00
	Prosperity's Ten Commandments	1.00
	Working with God	1.00
For Inspiration	Best-Loved Unity Poems	1.00
	Be of Good Courage	1.00
	Household of Faith, The	5.00
	Lovingly in the Hands of the Father	1.00
	Mightier than Circumstance	1.00
	Prayer Changes Things	1.00
	Sunlit Way, The	1.00
For Devotion	Book of Silent Prayer	.50
	Effectual Prayer	1.00
	Holy Bible, American Standard Version	6.50
	Keep a True Lent	1.00
For Advanced Study	Atom-Smashing Power of Mind	1.00
	Christ Enthroned in Man	1.00
	Have We Lived Before?	1.00
	Know Thyself	1.00
	Metaphysical Bible Dictionary	5.00
	Mysteries of Genesis	1.00
	Mysteries of John	1.00
	Selected Studies	1.00
	Talks on Truth	1.00
	Teach Us to Pray — *French, English*	1.00
	Twelve Powers of Man, The	1.00
	What Are You?	1.00
For Children	Adventures of the Seven Spartans	1.00
	Barky and His Friends	1.00
	Crybaby Kangaroo	1.00
	Jet's Adventures	1.00
	Jet and the New Country	1.00
	Jet's Choice	1.00
	Teach Me to Pray	1.00
	Thank You, God	1.00

Greeting Booklets

Challenge of the Dawn	.10	Land Is Bright, The	.10
Daily Resurrection	.10	Mental Equivalent, The	.10
For Thy Benediction	.10	Preparation for Easter	.10
Gift of Immortality, The	.10	Sanctuary	.10
God Is Blessing You Now	.10	Song of Life, The	.10
Great Helper, The	.10	Stream of Life, The	.10

(Any 12 of these booklets $1. Envelopes included)

NEWS from UNITY

Unity Radio Programs Sponsored by Listeners

Year in and year out the "Unity Viewpoint" radio programs bring messages of help and inspiration to persons in many parts of the United States, in Australia, and in Puerto Rico. Every day letters come to Unity School from listeners telling how much they enjoy the programs; wherever the "Unity Viewpoint" programs are heard, they enjoy a high popularity rating.

What the listeners may not know is that they themselves sponsor the "Unity Viewpoint" programs. The expense of these programs is met in part through the donations of those who enjoy them and wish to make it possible to purchase additional radio time so that others may hear the programs, too.

It is the prayer of everyone who is connected with the radio work that it will give its listeners just the right message of hope and cheer that they need. In a conference of Unity workers recently the radio work was blessed with this thought:

"Radio, you are a universal channel for expressing Truth, and we give thanks that you are fulfilling your mission."

If you would like to help sponsor the "Unity Viewpoint" programs, you may send your donation to the Radio Department, Unity School of Christianity, Lee's Summit, Missouri.

Dreams Termed "Guideposts to Happiness"

If you have ever felt a little ashamed of daydreaming, be sure to read the January 3 issue of *Weekly Unity*. This issue contains a challenging article called "Dare

to Dream," in which the author, Myrtle Shay, states:

"Our dreams are God-given. They are our guideposts to happiness and a fuller, richer life. Without dreams, mankind would have accomplished little of value."

In addition to inspiring articles, *Weekly Unity* offers poems, Bible lessons, accounts of answered prayers, "Things to Be Remembered" by Lowell Fillmore, and other helpful features. A year's subscription for *Weekly Unity* is only $1 and brings you 52 inspiring issues.

Gifts That Bless the Giver as Well

Many Truth students and friends have learned that giving Unity literature to others not only blesses those who receive it, but brings added happiness to themselves as well. One Unity friend writes:

"Inclosed is a check to pay for the order of Unity books and *Weekly Unity* gift subscriptions. . . . I believe the Unity gifts I sent last year did more good than any other gifts I gave. They go on year after year, blessing the receivers and also the givers. I know these Unity gifts that I am sending this year will do the same."

Zelia Walters Pamphlet Added to List

Most of us wonder, at one time or another, about "life beyond this realm of time and limitation." In her pamphlet "Beyond the Now," which has recently been released for sale, Zelia Walters gives us many of her inspiring ideas on the subject.

As a Silent Unity pamphlet, "Beyond the Now" has brought comfort to many persons, and it is sure to prove helpful to countless more in the future. "Beyond the Now" is priced at 5 cents, as are all the Unity pamphlets.

Unity School will be glad to send you a complete list of the Unity pamphlets upon request.

Lenten Program Part of Three-Point Plan

Those who join in the Unity Lenten Program will be interested to know that this program is part of a three-point plan of home study for spiritual unfoldment extending over an entire year.

In the fall comes Lessons in Truth Week, a time for studying the basic Truth principles set forth in Unity's

basic textbook by H. Emilie Cady.

Next, during the Lenten season comes the Unity Lenten Program, beginning on Ash Wednesday and continuing through Easter. This is a time of consecration and prayer.

The culmination of the year's preparation comes with Unity's Summer Demonstration Program. This is a time of demonstrating some specific good and consciously putting into practice the knowledge gleaned in previous study and prayer.

You are cordially invited to observe Lent the Unity way this year. A more complete description of the Unity Lenten observance appears on another page of this issue.

Good Business *to Carry Marcus Bach Article*

Many persons have been inspired by the writings of Dr. Marcus Bach, and it is with pleasure that the editors of *Good Business* announce his article "The Lord's Side of the Ledger," which will appear in the January issue. Doctor Bach, professor in the School of Religion at the University of Iowa, is the distinguished author of "They Have Found a Faith," and other books, as well as a respected observer of the American scene. In "The Lord's Side of the Ledger," Doctor Bach states:

"My research has convinced me that every successful man has a plan for his life. By 'successful' I mean one who has come to a sense of self-unfoldment, who has reached or is aspiring to his highest ideal, and who lives in a consciousness of the presence of God. The plan invariably includes an honest partnership with the Lord."

Those who have wondered about tithing and if it really works will be especially interested in the true stories that Doctor Bach tells of actual business experiences. A year's subscription for *Good Business,* 12 monthly issues, is only $1.

Are You Planning to Move?

If you are planning to move or change your address soon, please remember to notify us so that there will be no delay in the arrival of your Unity literature. Be sure to give us both your old and new address and to list all the Unity periodicals that you receive.

By giving us this information you will be helping us to change our records cor-

rectly and to send your magazines on time. Thank you for helping us to serve you.

Reprints of Silent Unity Director's Article Now Available

Recently the article "How to Be Young—Spiritually, Mentally, Physically," by Clara May Rowland, appeared in *Daily Word* magazine with this editorial comment:

"We are especially happy to present the following article by Clara May Rowland, the director of Silent Unity, for we feel that no one in the Unity work is more qualified to speak on the subject than she, or more vitally demonstrates the ideas that she teaches."

Many readers found inspiration in this article and requested additional copies to give to their friends. Unity is happy to announce that this article by Mrs. Rowland has been reprinted and is now available in pamphlet form for 5 cents a copy.

Wee Wisdom *Features New-Year Story*

To help boys and girls with their new-year resolutions, the January issue of *Wee Wisdom* will carry a heartwarming story by Jane Keith entitled "Sue's New-Year Reminder."

Sue and her family, consisting of her mother, her father, and her older brother Bob, follow the custom of making resolutions at the beginning of the year. On New Year's Eve they visit the railway station, where other merrymakers are preparing to watch the old year out. While there, each member of the family is supposed to purchase an inexpensive item that will remind him what he has resolved to do.

Boys and girls will love reading how Sue, who sometimes forgets things that are important, finds something to help her remember and befriends a fellow creature at the same time. *Wee Wisdom* magazine, published monthly, is only $2 a year.

If your letter to Unity includes a prayer request or a report to Silent Unity, will you please write this on a separate sheet of paper? In this way, two departments can handle your letter at the same time. Thank you.

Help for Parents

and Sunday-School Teachers

If you teach a Sunday-school class of young people; if you have children or young relatives whom you would like to educate in the Bible truths; if you are sometimes asked to give the lesson for your adult group; or if you would simply like to understand the deep wisdom of the Bible for your own benefit, you will find the *Unity Sunday-School Leaflet* extremely helpful. One teacher writes:

"The *Unity Sunday-School Leaflet* has made it possible for me to explain intelligently to my group of children the meaning of our weekly lesson. I would be at a great loss without it."

The *Unity Sunday-School Leaflet* includes the "Bible Text" of the International Sunday School Lessons (American Standard Version), "The Lesson Story," "What the Lesson Teaches," and a "Frank and Frankie" story showing how a boy and a girl learn to practice Truth in their work and play. It also includes a *Teachers' Section,* which consists of a four-page monthly supplement to the weekly lessons and gives suggested helps for teachers.

The *Unity Sunday-School Leaflet* is mailed monthly in a package containing the four-page pupils' *Leaflet* for each Sunday of the month and one copy of the monthly *Teachers' Section.* You can receive this valuable teaching material for only $1 a year, so send your order for the *Unity Sunday-School Leaflet* today and take advantage of the help it gives.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

The 1954 Unity Lenten Program

Each year persons all over the world observe Lent the Unity way. While following the Unity Lenten Program, they fast from negative thoughts and beliefs and grow spiritually.

Charles Fillmore Book Featured

Last year the book *Keep a True Lent* was published especially for use in the Unity Lenten Program. Taken from Charles Fillmore's writings, this book contains:

1. Forty-seven inspiring lessons—one for each day, from Ash Wednesday (March 3) to Easter Sunday (April 18).
2. Seventeen wonderful introductory chapters to prepare you for your Lenten study.
3. Interesting facts about Lent and its origin.
4. A foreword by Georgiana Tree West (one of Unity's most popular authors) discussing Unity's approach to Lent.

Unity students have overwhelmingly approved this new book. Last year *twice* as many persons as ever before took part in the Unity Lenten Program! And for months after the program was over, letters poured in to Unity headquarters telling how helpful the book and the program had been.

You are cordially invited to take part in this year's Unity Lenten Program. Write for your copy of the book *Keep a True Lent,* priced at $1; with it you will receive the booklet *The Lenten Guide* without charge. If you already have the book, ask for your free guide to be used with it. Lent begins March 3, so mail your order now and be sure to have your book and guide in plenty of time.

UNITY

SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI

Let DAILY WORD *Help You*

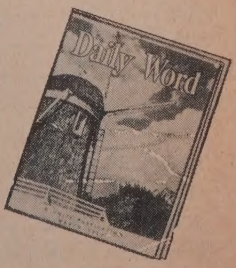
Do you greet each new day with confidence, knowing that you will be able to accomplish your daily tasks with ease and success?

Daily Word, Unity's magazine of daily meditations, can help you acquire this attitude of confidence. It can show you how to work with God each day to bring happiness and success into your life.

Daily Word contains an affirmative prayer, a short lesson, and a Bible verse for each day of the month. Its purpose is to present Truth—good, constructive ideas—in practical terms; to act as a guide to right thinking at all times; to give the reader a new approach to life and to God.

Many persons begin each day with the *Daily Word* lesson. Some read the lesson at the breakfast table; others read it on the bus or streetcar; still others have it handy to glance at during the day; some read it again at night just before retiring. However you use it, *Daily Word* is sure to help you in many ways.

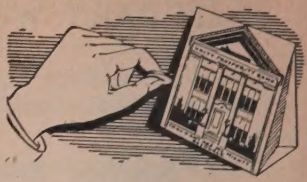
As you read the daily lesson, you are uniting in prayer and thought with almost six hundred thousand *Daily Word* subscribers all over the world. You become part of a great current of positive thought—a current that will surely carry you toward success and happiness, a current that will help to establish peace in your life and in the world.



A whole year of *Daily Word*—365 daily lessons sent to you in monthly installments—is only $1.

UNITY SCHOOL
OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

GIVE and RECEIVE a BLESSING



Doing something nice for another person makes you feel happy and contented, doesn't it? Here is your opportunity to help your friends and to gain a blessing for yourself as well:

By sending them UNITY magazine, you can introduce them to spiritual truths that will give them untold joy in the years to come.

Unity's Prosperity Bank plan offers an easy way to save for gift subscriptions while learning to trust God for your good. Order your Bank, using the coupon below, and follow the drill for seven weeks. You will not only gain a fuller understanding of prosperity, but will have easily saved for the UNITY subscriptions, thus experiencing the joy that comes from sharing Truth with others.

Unity School of Christianity, Lee's Summit, Mo.

Please send me a Prosperity Bank and ask Silent Unity to pray with me for a successful demonstration. I will use the drill seven weeks and save $3 for the three UNITY magazine subscriptions (one year each) listed below:

Name .....

Street .....

City ..... State .....

Name .....

Street .....

City ..... State .....

Name .....

Street .....

City ..... State .....

SENDER'S NAME .....

Street .....

City ..... State .....

Please indicate postal zone number, if cities are so divided.

U-1-54

Begin Again - -

and Make This a Glorious Year!

The dawning of the new year brings many new opportunities for prosperity, success, happiness; for new and greater demonstrations of the Truth you know.

To inspire and guide you in making this a glorious, more abundant year, Unity recommends the book

BEGINNING AGAIN, *by Frank B. Whitney*

Beginning Again is dedicated to those "who would emerge out of an old world into a new; who would catch a new vision and thereby find inspiration, hope, and courage; who will accept peace, health, and plenty."

Written by a beloved Unity writer and teacher, *Beginning Again* is a favorite with Truth students. Its friendly, heartening messages show how to handle problems that may have prevented you from realizing the happiness you desire. Chapters such as "A New Beginning in Health" and "Making a New Start in Personal Finances" can show you how to lift up your thinking and demonstrate better health and greater prosperity.

Beginning Again can guide you in thinking positively and constructively about yourself, your family, your home, and your affairs. Its seven lessons can give you new vision and courage to begin again.

Beginning Again is priced at $1 a copy. Why not order copies for yourself and for friends who would like to begin again with the new year?

UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI

Present Help

As I stand at the door of the unknown year
And face the days ahead
I can meet all that they hold in store
Serenely, with lifted head;
Knowing that I can face each task,
Each test, because I'm sure
I have with me a present help:
God's promises secure.

"Lo, I am with thee, do not fear."
"Trust all thy ways to Me."
"Be strong and of good courage now."
"My truth shall make you free."
"Cast all thy care upon the Lord."
"Thy path shall be made plain."
"Beside still waters He will lead;
My soul restore again."

These promises, my hope and stay,
Make glad and bright this New Year's Day.

—Della Adams Leitner